

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Tryptophan (g) ; Protein (g) ; Carbohydrate, by difference (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: January 31, 2016 06:19 EST

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	3.141	254.67	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	3.009	257.50	0.00
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	1.527	89.97	4.83
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.387	53.96	75.91
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	1.355	88.17	4.78
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.099	67.87	56.10
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1.040	64.37	26.77
05305	Ground turkey, raw	453.6	1.0 lb	1.012	89.18	0.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.973	148.22	0.00
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.881	66.31	51.98
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.881	66.31	51.98
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.878	73.95	128.40
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.827	64.41	26.44
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.797	60.02	43.79
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.760	69.02	128.35
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.749	33.78	89.17
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.748	71.31	168.45
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.743	39.00	13.82
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.733	48.56	32.63
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.732	93.70	145.54
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.730	54.60	0.83
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727	31.35	7.37
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722	30.19	4.08
16117	Soy flour, defatted	105.0	1.0 cup	0.717	54.03	35.62
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.713	58.95	41.49

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.688	43.92	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.671	35.21	17.36
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.671	35.21	17.36
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.659	40.84	0.96
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.655	40.94	2.02
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.652	49.47	0.00
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.633	54.26	142.14
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.621	45.80	54.01
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.619	47.60	0.00
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.614	49.99	28.59
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.612	49.49	51.92
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.611	48.67	32.87
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.581	38.50	38.11
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577	24.83	2.45
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.576	41.43	0.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.572	46.60	37.33
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.570	45.32	40.24
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.560	47.19	121.75
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.559	30.19	79.00
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.559	42.15	0.00
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.559	25.53	33.77
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.552	46.61	107.33
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.544	52.18	122.11
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.543	47.31	0.00
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.542	46.93	125.57
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.541	47.18	6.31
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.540	46.26	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.539	46.97	0.00
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.538	49.39	129.62
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.538	45.39	133.84
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.536	45.95	0.59

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.535	40.29	26.95
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.533	46.47	0.00
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.532	44.91	117.10
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.532	44.84	110.03
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.531	24.22	0.00
01040	Cheese, swiss	132.0	1.0 cup, diced	0.529	35.59	1.90
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.528	47.60	43.59
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.525	40.53	13.19
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.525	40.30	0.27
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.521	44.02	134.80
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.520	65.11	72.67
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.514	43.25	0.00
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.514	46.45	126.36
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.513	43.39	110.42
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.513	56.69	37.28
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.512	45.42	0.00
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.510	43.12	118.97
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.509	45.22	0.00
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.509	44.30	87.63
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.507	43.43	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.506	44.92	0.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.505	43.27	0.00
16106	Meat extender	88.0	1.0 cup	0.505	36.70	30.54
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.505	39.70	0.00
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.504	34.62	2.94
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.501	40.83	50.07
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.501	42.80	2.37
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.501	40.63	103.39
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.498	42.59	0.00

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21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.498	39.50	33.05
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.497	41.90	120.98
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.496	51.21	36.30
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.496	41.69	0.00
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.495	30.68	17.60
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.493	41.65	126.92
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.491	41.99	0.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.491	41.99	0.00
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.491	41.46	112.77
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.491	39.83	99.60
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.490	38.29	0.14
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.490	41.23	0.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.486	39.60	0.40
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.485	43.32	0.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.484	39.28	100.25
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.480	40.30	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.480	40.30	0.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.477	38.84	0.23
01020	Cheese, fontina	132.0	1.0 cup, diced	0.477	33.79	2.05
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.476	40.64	41.84
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.476	40.78	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.476	40.59	3.63
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.476	41.72	0.00
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.476	42.53	0.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.475	21.71	33.33
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.475	33.69	49.18
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.475	21.71	33.33

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05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.475	40.57	0.00
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.474	40.00	114.14
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.473	40.50	0.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.472	37.98	39.65
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.472	40.43	0.00
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.470	30.76	22.93
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.470	39.42	0.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.466	37.91	0.00
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.465	35.22	0.00
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.464	39.10	116.38
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.463	39.69	0.00
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.463	25.66	0.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.463	39.14	0.49
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.462	39.12	0.70
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.461	35.40	0.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.461	39.40	0.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.461	35.56	0.00
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.460	41.01	37.58
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.458	35.66	80.48
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.458	32.87	0.00
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.457	41.34	120.72
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.455	32.60	4.62
01035	Cheese, provolone	132.0	1.0 cup, diced	0.455	33.77	2.82
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.455	45.73	17.69
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.454	38.27	1.10
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.454	37.00	0.00
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.453	31.39	0.75
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.452	30.98	2.42

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16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.452	38.20	112.82
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.448	36.14	61.59
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.448	38.32	0.00
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.447	38.21	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.446	37.76	0.00
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.445	40.83	9.45
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.444	37.98	0.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.444	38.05	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.441	33.12	0.00
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.439	29.88	14.46
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.437	36.22	0.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.437	38.35	0.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.435	34.20	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.435	36.49	0.00
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.435	37.15	0.00
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.435	44.48	128.70
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.433	36.43	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.432	42.03	37.89
01030	Cheese, muenster	132.0	1.0 cup, diced	0.432	30.90	1.48
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.430	32.38	25.82
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.428	45.91	121.15
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.428	38.82	1.25
01005	Cheese, brick	132.0	1.0 cup, diced	0.428	30.68	3.68
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.427	29.05	64.31
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.427	38.22	0.00
16069	Lentils, raw	192.0	1.0 cup	0.424	47.29	121.63
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.424	36.36	0.00
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.422	37.31	0.16
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.422	31.76	26.81
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.421	30.60	16.53
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.421	63.87	0.00

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10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.420	39.99	0.00
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.420	37.95	38.77
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.420	35.07	0.00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.420	33.30	39.86
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.419	34.92	0.00
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.418	50.19	127.55
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.416	31.32	14.38
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.416	31.32	14.38
01025	Cheese, monterey	132.0	1.0 cup, diced	0.416	32.31	0.90
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.414	36.99	0.81
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.414	34.28	40.27
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.413	27.08	30.90
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.413	27.08	30.90
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.412	39.07	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.411	36.68	0.00
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.411	36.73	0.00
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.410	34.61	117.96
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.409	35.01	0.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.409	35.00	0.00
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.407	37.19	42.74
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.407	30.92	0.15
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.406	36.18	0.81
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.406	19.97	1.94
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.406	38.60	0.00
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.405	26.16	40.18
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.404	33.95	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.404	33.95	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.403	37.23	0.22

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01011	Cheese, colby	132.0	1.0 cup, diced	0.403	31.36	3.39
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.402	43.42	0.00
11450	Soybeans, green, raw	256.0	1.0 cup	0.402	33.15	28.29
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.401	18.27	25.70
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.401	18.27	25.70
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.400	26.83	62.83
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.400	35.45	0.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.400	40.94	125.90
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.400	41.17	25.65
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.400	41.17	25.65
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.399	57.74	53.94
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.399	30.92	62.06
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.398	30.08	11.98
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.397	38.20	0.54
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.394	34.22	0.58
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.394	32.66	49.43
16113	Natto	175.0	1.0 cup	0.390	33.95	22.19
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.390	29.98	0.00
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.389	25.30	0.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.389	34.75	0.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.388	42.52	0.00
01024	Cheese, limburger	134.0	1.0 cup	0.387	26.87	0.66
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.386	34.55	0.00
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.385	34.44	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.385	32.40	1.09
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.385	31.82	38.74
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.383	28.42	13.91
20004	Barley, hulled	184.0	1.0 cup	0.383	22.96	135.20
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.382	33.14	42.48
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.382	32.06	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.381	32.55	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.380	30.02	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.379	33.84	0.00
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.379	38.94	23.47
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.379	38.94	23.47
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.378	24.74	30.81
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.378	24.74	19.60
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.378	24.74	30.81
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.378	32.14	2.52
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.378	32.14	2.52
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.376	39.14	123.91
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.375	31.43	0.00
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.375	31.25	0.07
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.374	13.79	127.02
20071	Wheat, hard red spring	192.0	1.0 cup	0.374	29.57	130.62
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.374	52.14	51.39
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.374	29.73	53.12
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.371	31.21	0.00
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.371	38.18	23.11
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.371	28.07	0.00
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.370	39.18	87.44
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.369	32.93	0.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.369	31.68	0.00
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.368	27.43	37.70
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.368	32.78	0.00
20038	Oats	156.0	1.0 cup	0.365	26.35	103.38
20078	Wheat germ, crude	115.0	1.0 cup	0.365	26.62	59.57
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.363	22.35	32.07
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.363	22.35	32.07
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.362	23.70	34.73
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.360	25.93	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.360	34.22	0.00
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.360	33.08	41.62
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.360	27.55	0.00
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.359	36.99	28.40
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.359	36.99	28.40
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.359	31.44	0.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.358	22.09	0.00
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.358	36.78	24.15
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.356	31.82	0.00
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.356	36.63	30.53
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.356	32.16	0.00
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.355	29.83	3.79
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.355	35.46	27.17
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.353	31.96	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.353	30.21	0.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.352	23.06	27.59
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.352	23.06	27.59
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.352	31.97	1.98
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.352	46.51	13.31
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.351	29.30	2.10
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.351	35.29	50.36
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.350	31.26	0.00
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.349	26.17	125.93
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.348	31.50	0.00
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.348	29.73	0.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.348	30.25	0.31
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.348	25.04	1.29
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.348	26.94	0.48

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.347	25.34	0.00
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.345	30.91	0.00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.345	31.69	49.56
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.344	21.98	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.344	30.70	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.344	25.09	0.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.344	30.70	0.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.343	45.03	17.96
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.343	27.25	0.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.343	31.89	0.00
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.343	23.04	0.00
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.342	21.72	38.91
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.342	21.72	38.53
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.342	25.58	0.00
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.341	30.43	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.341	25.82	0.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.340	30.76	0.70
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.340	26.04	0.00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	0.340	24.74	0.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.339	30.28	0.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.339	29.04	0.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.339	30.28	0.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.339	29.94	4.49
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.339	24.61	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.338	30.25	0.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.338	28.95	0.00
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.338	25.57	30.99
20076	Wheat, durum	192.0	1.0 cup	0.338	26.27	136.57
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.337	30.06	0.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.337	30.49	38.17
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.337	23.87	35.49
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.337	23.87	35.49
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.336	30.06	0.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.336	29.62	0.73
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.336	35.55	31.04
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.335	25.70	0.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.335	25.97	0.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.335	28.64	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.335	21.81	1.18
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.335	22.97	12.22
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.333	25.80	1.57
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.333	31.67	0.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.333	31.87	0.00
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.333	40.36	21.97
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.333	40.36	21.97
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.332	31.60	35.51
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.332	27.15	54.27
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.332	29.32	0.69
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.331	29.29	0.00
20005	Barley, pearled, raw	200.0	1.0 cup	0.330	19.82	155.44
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.329	25.22	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.329	29.41	0.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.328	25.49	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.328	25.86	0.00
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.327	29.22	0.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.327	29.19	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.327	25.09	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.327	25.96	0.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.326	22.86	200.80
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.326	24.70	0.00
20008	Buckwheat	170.0	1.0 cup	0.326	22.52	121.55
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.326	28.74	0.59
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.326	24.95	0.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.326	27.89	0.00
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.325	25.00	13.00
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.325	26.59	0.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.325	24.89	0.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.325	28.98	0.00
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.325	20.97	44.79
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.325	20.97	44.79
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.324	25.58	0.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.324	31.89	0.06
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.324	28.72	0.00
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.323	23.46	0.00
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.323	24.06	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.323	27.08	0.00
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.322	24.78	0.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.322	31.88	0.48
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.322	25.89	33.89
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.322	25.89	34.78

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.322	42.04	19.07
16114	Tempeh	166.0	1.0 cup	0.322	33.68	12.68
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.321	24.63	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.321	24.80	0.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.321	27.50	0.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.320	28.63	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.320	25.37	0.00
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.320	30.45	90.25
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.320	25.38	0.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.319	24.41	0.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.318	24.35	0.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.318	25.05	0.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.318	25.04	0.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.318	28.60	0.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.317	27.62	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.316	25.04	0.73
16122	Soy protein isolate	28.35	1.0 oz	0.316	25.04	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.316	25.08	0.00
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.316	31.20	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.316	25.64	0.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.316	27.55	0.00
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.316	28.19	0.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.316	35.34	0.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.315	24.21	0.63
20033	Oat bran, raw	94.0	1.0 cup	0.315	16.26	62.25
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.315	26.37	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.314	24.11	0.19
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.314	28.04	0.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.314	26.44	0.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.314	24.11	0.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.314	27.45	0.00
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.314	21.40	0.00
05158	Quail, meat only, raw	92.0	1.0 quail	0.314	20.02	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.314	25.60	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.314	26.35	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.314	24.70	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.313	40.87	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.313	25.49	0.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.313	27.28	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.313	28.31	0.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.313	22.45	2.65
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.312	27.21	0.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.312	29.43	38.12
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.311	26.43	0.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.311	24.49	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.311	25.37	0.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.311	22.12	3.20
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.311	30.74	0.00
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.311	14.21	10.07
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.310	25.34	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.310	25.47	0.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.310	23.77	0.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.309	26.95	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.309	25.24	0.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.309	27.61	1.39
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.309	25.70	0.05
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.309	24.33	0.00
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.309	24.80	33.42
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.309	24.28	0.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.309	26.44	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.309	24.28	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.308	28.40	0.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.308	25.10	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.308	29.33	0.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.308	30.37	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.308	25.83	0.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.307	32.71	1.57
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.307	25.83	40.00
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.307	23.84	0.24
20072	Wheat, hard red winter	192.0	1.0 cup	0.307	24.21	136.67
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.307	26.76	0.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.307	25.56	3.19
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.306	47.72	0.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.306	26.65	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.306	25.45	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.306	26.70	0.00
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.306	26.94	0.00
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.306	21.98	0.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.305	23.42	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.305	25.67	0.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.305	26.62	0.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.305	27.62	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.305	24.14	0.00
16099	Peanut flour, defatted	60.0	1.0 cup	0.304	31.32	20.82
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.303	24.75	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.303	24.18	0.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.303	26.61	10.74
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.303	24.00	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.303	24.70	0.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.302	26.31	0.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.302	25.98	2.15
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.302	23.76	0.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.302	26.27	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.302	24.58	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.302	25.83	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
12061	Nuts, almonds	143.0	1.0 cup, whole	0.302	30.24	30.82
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.302	32.16	1.54
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.302	27.64	34.99
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.301	33.33	27.76
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.301	33.33	27.76
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.301	33.33	27.76
20069	Triticale	192.0	1.0 cup	0.301	25.06	138.49
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.301	29.70	0.00
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.301	19.20	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.301	25.45	0.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.301	23.36	140.07
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.301	25.27	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.300	25.18	0.00
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.300	21.32	6.14
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.299	23.53	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.299	22.98	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.299	25.13	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.299	26.08	0.00
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.299	32.08	90.86
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.299	26.65	0.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.299	26.70	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.298	26.50	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.298	28.50	0.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.298	23.04	0.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.298	23.07	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.298	26.58	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.298	26.10	0.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.298	26.38	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.298	25.49	0.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.298	25.13	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.298	25.96	0.00
01115	Whey, sweet, dried	145.0	1.0 cup	0.297	18.75	107.97
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.297	25.88	0.00
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.297	23.92	0.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.297	24.90	0.00
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.297	29.27	0.00
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.296	21.76	3.50
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.296	26.41	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.296	28.24	0.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.296	26.29	0.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.296	24.11	0.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.295	33.00	0.00
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.295	11.66	2.42
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.295	24.08	0.70
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.295	26.32	0.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.295	25.24	0.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.295	26.69	0.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.295	26.85	28.21

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.295	26.85	28.21
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.294	25.42	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.294	23.98	0.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.294	24.02	0.62
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.294	25.15	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.294	25.57	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.294	24.68	0.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.294	25.89	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.294	25.89	0.08
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.293	23.89	0.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.293	23.93	0.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.293	23.94	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.293	25.03	0.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.293	38.25	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.293	25.55	0.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.292	25.02	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.292	28.19	0.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.292	25.04	0.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.292	22.69	0.49
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.292	24.53	0.00
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.292	28.87	0.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.292	26.23	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.292	24.51	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.292	24.49	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.292	24.50	0.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.292	26.40	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.292	25.32	0.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.292	23.77	0.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.292	24.91	0.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.292	24.62	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.292	22.94	0.00
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.291	38.15	0.35
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.291	25.54	29.37
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.291	24.44	0.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.291	24.66	0.04
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.291	24.84	0.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.291	25.88	0.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.291	25.35	0.00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.290	27.53	36.67
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.290	24.39	0.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.290	28.63	0.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.290	23.03	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.289	31.47	43.81
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.289	22.73	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.289	24.31	0.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.289	28.59	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.289	24.29	0.00
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.289	28.53	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.289	22.74	3.02
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.289	24.16	52.18
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.288	28.92	28.99
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.288	28.92	28.99
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.288	23.53	0.00
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.288	20.71	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.288	25.21	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.288	22.68	0.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.288	23.49	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.288	24.20	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.288	20.61	5.02
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.288	24.36	0.00
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.288	44.96	120.58
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.288	27.35	0.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.288	32.10	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.287	24.15	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.287	23.22	0.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.287	22.37	0.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.287	24.58	0.00
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.287	26.97	0.16
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.287	25.85	0.00

NDB_No	Description	Weight(g)		Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0		3.0 oz	0.286	23.38	0.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0		3.0 oz	0.286	25.55	0.00
20088	Wild rice, raw	160.0		1.0 cup	0.286	23.57	119.84
36001	APPLEBEE'S, Double Crunch Shrimp	206.0		1.0 serving	0.286	25.36	53.48
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0		4.0 oz	0.286	24.97	0.00
07071	Salami, dry or hard, pork	113.0		1.0 package (4 oz)	0.286	25.52	1.81
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0		1.0 serving	0.286	27.27	0.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0		3.0 oz	0.286	23.15	0.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0		3.0 oz	0.286	28.19	0.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0		3.0 oz	0.286	23.98	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0		3.0 oz	0.286	23.96	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0		3.0 oz	0.286	23.29	0.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0		1.0 serving	0.286	25.80	0.03
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0		1.0 cup	0.286	25.16	0.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0		4.0 oz	0.285	24.84	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0		4.0 oz	0.285	27.44	0.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0		3.0 oz	0.285	27.15	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0		3.0 oz	0.285	24.38	0.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0		3.0 oz	0.285	25.42	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85.0		3.0 oz	0.285	22.51	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0		1.0 drumstick with skin	0.285	25.23	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)		0.285	26.97	0.00
21253	BURGER KING, WHOPPER, with cheese	316.0		1.0 item	0.284	35.36	52.77
15230	Mollusks, octopus, common, cooked, moist heat	85.0		3.0 oz	0.284	25.35	3.74

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.284	27.08	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.284	25.32	0.00
20035	Quinoa, uncooked	170.0	1.0 cup	0.284	24.00	109.07
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.284	24.00	0.75
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.284	27.34	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.284	25.11	0.06
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.284	28.30	6.11
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.283	35.09	33.51
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.283	27.44	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.283	24.23	0.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.283	23.96	0.91
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.283	23.82	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.283	27.27	0.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.283	24.82	0.01
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.283	23.77	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.282	25.21	0.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.282	23.05	0.00
20028	Couscous, dry	173.0	1.0 cup	0.282	22.07	133.95
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.281	24.10	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.281	24.51	0.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.281	27.76	0.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.281	23.80	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.281	24.06	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.281	23.68	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.281	24.50	0.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.281	30.51	0.12
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.281	25.36	0.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280	21.49	0.94
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.280	20.16	0.00
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.280	24.64	0.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.280	23.99	0.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280	24.47	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.280	23.69	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280	25.05	0.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.280	23.98	0.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.280	24.48	0.00
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.280	31.03	27.07
01173	Egg, white, dried	28.0	1.0 oz	0.280	22.71	2.18
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.280	29.22	37.80
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.280	29.22	37.80
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.280	24.96	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280	24.80	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.280	23.49	0.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.280	23.94	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.280	24.40	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.279	24.40	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.279	31.73	0.00
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.279	19.24	122.92
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.279	24.79	0.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.279	23.59	0.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.279	23.87	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.279	24.31	0.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.279	23.43	0.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.279	24.86	0.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.279	23.44	0.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.279	26.60	0.00
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.279	27.57	0.00
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.279	20.03	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.279	26.60	0.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.278	25.15	0.03
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.278	22.81	0.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.278	23.75	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.278	24.26	0.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.278	26.55	0.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.278	23.98	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.278	25.40	0.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.277	24.76	0.00
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.277	21.84	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.277	26.70	0.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.276	27.39	0.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.276	25.42	0.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.276	21.74	0.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.276	23.36	0.00
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.276	24.62	0.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.276	27.25	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.276	23.36	0.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.275	25.47	0.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275	24.56	0.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.275	23.55	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275	24.04	0.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.275	23.59	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.275	26.48	0.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.275	24.28	2.68
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.275	23.49	0.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.275	24.28	2.78
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.275	23.93	0.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.275	23.53	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.275	23.28	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.275	27.12	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.275	23.20	0.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.275	27.11	0.00
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.274	22.62	31.73
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.274	26.32	0.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.274	22.35	0.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.274	26.14	0.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.274	24.45	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.274	26.35	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.273	24.20	0.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.273	23.38	0.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.273	23.10	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.273	23.77	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.273	22.94	0.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.273	23.38	0.00
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.273	25.61	0.00
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.273	25.61	0.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.273	25.61	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.273	22.92	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.273	26.24	0.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.273	26.99	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.273	22.96	0.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.273	23.77	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.273	26.26	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.273	24.40	50.86
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.272	23.77	0.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.272	24.09	0.01
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.272	19.05	9.67
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.272	19.05	9.67
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.272	24.15	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.272	23.70	0.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.272	24.64	0.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.272	25.08	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.272	24.28	0.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.272	23.75	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.272	22.98	0.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.272	22.98	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.272	24.62	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.272	23.12	38.65
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.272	23.12	38.65
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.271	21.48	4.18
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.271	24.54	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.271	24.50	0.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.271	24.05	0.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.271	26.12	0.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.271	23.21	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.271	23.38	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.271	23.96	0.00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.271	20.10	0.84
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.271	22.79	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.271	22.75	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.271	22.73	0.00
20066	Semolina, enriched	167.0	1.0 cup	0.271	21.18	121.63
20466	Semolina, unenriched	167.0	1.0 cup	0.271	21.18	121.63
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.270	30.84	0.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.270	23.36	0.02
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.270	26.81	0.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.270	24.10	0.03
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270	24.00	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270	22.23	19.89
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270	22.23	19.89
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.269	19.34	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269	22.66	0.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.269	23.10	0.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.269	24.94	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.269	23.05	0.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.269	22.08	28.78
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.269	24.30	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269	26.57	0.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269	26.57	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269	22.56	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.269	25.64	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269	25.61	0.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.269	23.98	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.269	22.38	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.269	30.31	0.02
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.268	20.32	6.93
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.268	23.75	1.42
20142	Teff, uncooked	193.0	1.0 cup	0.268	25.67	141.14
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.268	24.26	0.00
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.268	33.41	0.00
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.268	22.64	50.39
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.268	24.23	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.268	25.58	0.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.268	22.92	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.268	24.25	0.03
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.268	22.51	0.00
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.268	23.87	0.00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.267	21.39	112.48
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.267	21.25	35.19
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.267	40.68	0.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.267	24.43	0.11
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.267	23.83	0.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.267	23.84	0.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.267	21.95	0.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.267	23.83	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.267	25.51	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.267	25.68	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.267	25.64	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.267	21.10	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.266	40.59	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.266	24.78	0.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.266	25.39	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.266	23.80	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.266	25.63	0.07
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.266	25.43	0.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.266	23.76	0.00
20012	Bulgur, dry	140.0	1.0 cup	0.266	17.21	106.22
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.266	23.77	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.266	23.20	0.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.265	22.70	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.265	23.54	0.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.265	22.74	0.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.265	25.32	0.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.265	23.54	0.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.265	22.72	0.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.265	25.35	0.06

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.265	23.53	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.264	23.02	0.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.264	25.23	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.264	22.22	0.76
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.264	23.46	0.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.264	23.45	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.264	24.02	0.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.264	18.97	0.81
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.264	23.94	0.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.264	22.60	0.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.264	24.52	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.264	22.97	0.00
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.264	24.75	0.11
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.264	21.37	0.39
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.264	24.70	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.264	23.38	0.00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.264	22.55	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.263	25.25	0.09
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.263	25.18	0.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.263	22.97	0.23
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.263	25.40	0.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.263	23.40	0.01

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.263	23.51	0.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.263	31.52	84.36
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.263	25.07	0.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.263	23.75	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.263	22.45	0.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.263	23.44	0.00
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.263	20.26	6.60
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.263	25.92	0.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.263	23.49	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.263	22.07	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.262	23.75	0.00
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.262	25.04	0.11
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.262	20.33	0.50
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.262	23.27	0.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.262	23.40	0.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.262	23.40	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.262	23.70	0.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.262	23.41	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.262	20.05	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.262	23.50	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.262	20.05	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.262	20.58	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.262	24.96	0.23
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.262	23.04	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.262	23.69	0.00
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.261	28.46	7.34
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.261	17.19	45.74
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.261	22.53	0.44
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.261	24.76	0.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.261	24.56	0.16
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.261	24.56	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.261	24.04	0.25
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.261	23.57	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.261	23.65	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.261	25.09	0.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.261	24.87	0.23
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.261	23.33	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.261	24.95	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.261	23.27	0.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.261	22.32	0.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.261	24.05	0.15
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.260	23.06	0.00
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.260	25.66	0.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.260	23.23	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.260	22.25	0.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.260	23.21	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.260	22.42	0.00
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.260	23.26	0.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.260	22.27	0.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.260	22.65	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.260	21.84	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.260	23.17	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.260	23.09	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.260	22.24	0.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.260	25.77	0.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.260	23.09	0.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.260	25.02	0.00
15022	Fish, cusk, raw	122.0	1.0 fillet	0.260	23.17	0.00
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.259	23.13	0.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.259	25.58	0.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.259	23.18	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.259	22.15	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.259	26.29	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.259	19.90	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.259	19.90	0.00
20130	Barley flour or meal	148.0	1.0 cup	0.259	15.54	110.29

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.259	24.26	0.17
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.259	24.67	0.00
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.259	23.39	2.51
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.259	23.07	0.00
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.258	19.36	29.79
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.258	22.52	0.12
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.258	22.55	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.258	19.80	0.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.258	23.04	0.76
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.258	19.30	0.00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.258	22.52	0.24
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.258	23.29	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.258	24.57	0.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.258	23.30	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.258	23.88	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.258	23.00	0.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.258	23.32	0.35
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.258	22.45	0.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.258	22.93	0.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.257	25.12	0.04
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.257	22.88	0.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.257	20.96	1.30
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.257	22.93	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.257	22.43	0.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.257	23.83	0.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.257	22.95	0.85
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.257	23.20	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.257	24.46	0.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.257	22.42	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.256	22.73	0.00
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256	21.98	0.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256	21.89	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.256	22.86	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.256	19.59	0.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.256	22.78	0.94
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.256	22.70	0.00
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.256	22.85	0.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.256	21.89	0.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.256	25.29	0.06
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.256	22.44	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.255	23.05	0.82
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.255	23.09	0.01
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.255	23.10	0.10
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.255	20.22	0.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.255	22.76	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.254	22.97	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.254	24.25	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.254	24.27	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.254	22.47	0.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.254	22.16	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.254	22.98	0.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.254	18.18	9.75
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.254	21.72	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.254	24.25	0.00
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.254	25.12	0.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.253	21.68	0.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.253	21.67	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.253	21.64	0.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.253	21.71	0.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.253	22.76	0.05
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.253	21.66	0.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.253	25.78	0.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.253	28.30	0.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.253	21.23	57.16
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.252	24.31	0.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.252	21.24	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.252	19.22	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.252	22.49	0.00
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.252	22.55	0.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.252	19.35	0.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.252	22.55	0.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.252	24.04	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.252	24.08	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.252	22.83	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.252	24.07	0.00
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.252	16.86	49.79
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.252	15.59	32.19
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.252	24.24	0.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.252	22.36	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.252	22.00	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252	21.15	0.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.252	21.54	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.252	24.21	0.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.252	21.70	3.21
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252	22.77	0.04
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.251	20.00	40.40
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.251	23.94	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.251	23.99	0.26
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.251	23.55	0.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.251	21.98	0.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.251	21.46	0.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.251	24.75	0.00
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.251	22.37	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.251	22.25	0.18
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.251	22.36	0.94
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.251	22.41	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.251	23.20	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.251	22.35	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.251	24.15	8.36
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.251	23.55	0.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.251	21.47	0.00
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.251	23.55	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.251	22.68	0.00
15006	Fish, burbot, raw	116.0	1.0 fillet	0.251	22.40	0.00
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.250	19.77	3.49
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.250	19.35	0.00
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.250	11.43	9.96
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.250	19.17	0.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.250	24.14	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.250	22.28	0.00
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.250	22.36	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.250	21.39	0.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.250	22.18	0.34
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.250	21.39	0.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.250	27.25	0.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.250	31.30	0.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.250	23.85	0.00
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.250	21.02	1.63
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.249	22.28	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.249	22.41	0.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.249	19.09	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.249	22.25	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.249	20.70	67.35
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.249	20.70	67.35
19352	Syrups, malt	332.0	1.0 cup	0.249	20.58	236.72
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.249	22.46	0.06
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.249	23.78	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.249	24.57	0.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.249	23.91	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.248	19.05	0.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.248	19.41	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.248	21.21	0.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.248	19.20	0.92
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.248	23.61	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.248	22.49	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.247	23.65	0.84
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.247	21.18	0.00
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.247	24.27	0.05
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.247	22.36	0.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.247	22.10	0.68
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.247	21.20	0.00
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.247	22.12	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.247	21.94	0.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.247	21.15	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.247	23.62	0.03
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.247	23.94	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.247	22.10	0.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.247	21.17	0.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.247	24.32	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.247	23.81	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.247	22.10	0.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.247	22.08	0.00
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.247	20.50	28.92
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.247	21.76	13.98
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.247	28.01	42.81
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.247	22.84	0.14
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246	21.09	0.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.246	21.97	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.246	21.27	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.246	23.44	0.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.246	22.03	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.246	22.32	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.246	21.51	0.65
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.246	21.84	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.246	20.05	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.246	20.05	0.00
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.246	21.95	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246	20.65	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.246	18.84	0.00
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.246	21.04	0.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.246	18.84	0.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.246	21.06	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.246	22.80	0.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.246	23.97	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.245	24.17	0.05
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.245	21.41	37.67
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.245	21.84	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.245	20.92	0.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.245	20.94	0.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.245	23.38	0.00
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.245	19.84	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.245	22.66	0.00
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.245	21.86	0.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.244	37.22	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.244	23.29	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.244	23.24	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.244	23.46	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.244	20.53	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.244	23.15	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.244	22.92	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.244	21.73	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.244	21.66	0.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.244	20.60	1.54
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.244	25.61	0.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.244	20.84	0.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.244	22.92	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.244	19.86	0.00
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.244	17.51	2.07
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.244	19.86	0.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.244	37.00	0.00
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.244	23.29	0.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.243	23.19	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.243	21.68	0.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.243	20.77	0.00
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.243	21.72	4.36
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.243	23.41	0.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.243	21.68	0.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.243	20.84	0.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.243	21.34	0.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.243	21.68	0.34
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.243	23.16	4.07
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.243	23.20	0.00
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.243	21.30	21.40
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.242	19.46	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.242	22.41	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.242	21.93	1.26
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.242	24.00	0.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.242	21.62	0.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.242	20.76	0.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.242	20.75	0.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.242	20.76	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.242	23.15	0.08
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.242	21.47	0.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.242	16.81	39.66
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.242	17.16	25.30
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.242	27.04	131.28
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.242	20.68	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.241	23.20	8.42
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.241	23.86	0.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.241	23.83	0.14
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.241	21.59	0.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.241	26.15	47.15
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.241	30.17	0.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.241	21.47	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.241	19.61	0.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.241	23.75	0.09
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.241	19.16	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.241	19.12	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.241	19.64	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.241	19.61	0.00
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.241	20.05	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.241	25.50	0.00
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.240	20.56	0.00
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.240	20.00	1.37
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.240	22.78	0.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.240	20.77	36.52
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.240	18.40	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.240	22.21	0.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.240	22.21	0.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.240	22.21	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.240	22.19	0.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.240	20.36	0.35
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.240	21.40	0.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.240	21.70	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.240	22.24	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.240	22.68	0.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.240	18.37	0.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.240	19.58	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.240	20.16	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.240	21.28	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.239	20.87	7.55
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.239	23.88	0.06
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.239	21.09	0.66
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.239	22.86	0.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.239	21.23	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.239	22.17	0.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.239	21.21	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.239	22.16	0.00
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.239	21.31	0.53
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.238	20.42	0.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.238	22.74	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.238	22.77	1.53
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.238	22.57	0.13
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.238	19.20	62.78
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.238	26.14	0.00
20067	Sorghum grain	192.0	1.0 cup	0.238	20.39	138.41
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.238	18.22	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.238	22.58	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.238	21.13	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.238	22.64	0.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.238	23.54	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.238	21.50	0.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.238	22.06	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.238	22.02	0.00
20031	Millet, raw	200.0	1.0 cup	0.238	22.04	145.70
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.238	20.73	65.55
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.238	20.73	65.55
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.238	9.06	70.52
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.238	20.68	8.28
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.237	21.18	0.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.237	21.17	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.237	20.05	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.237	21.99	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.237	20.05	0.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.237	20.26	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.237	21.12	0.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.237	21.97	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.237	21.12	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.237	22.69	0.13
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.237	21.44	0.15
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.237	18.04	7.20
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.237	18.04	7.20
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.236	18.75	0.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.236	17.41	35.44
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.236	21.12	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.236	21.87	0.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.236	22.18	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.236	21.37	0.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.236	22.18	0.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.236	19.26	0.03
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.236	21.11	0.00
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.236	21.11	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.236	21.87	0.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.236	20.26	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.236	21.90	0.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.236	22.18	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.236	21.88	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.236	22.48	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.236	20.48	0.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.236	21.84	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.236	24.33	0.07
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.236	22.50	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.236	22.54	1.57
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.236	19.73	53.58
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.235	21.82	0.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.235	19.22	0.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.235	18.53	0.00
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.235	20.99	0.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.235	23.23	0.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.235	21.32	0.00

NDB_No	Description	Weight(g)		Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0		3.0 oz	0.235	20.94	0.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0		3.0 oz	0.235	21.02	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0		4.0 oz	0.235	22.46	1.49
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0		1.0 fillet	0.235	20.99	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.235	19.85	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0		3.0 oz	0.235	20.80	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.235	19.85	0.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0		1.0 serving (3 oz)	0.235	26.30	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0		3.0 oz	0.234	22.54	0.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0		3.0 oz	0.234	20.04	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0		3.0 oz	0.234	22.24	0.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0		1.0 serving	0.234	23.18	0.06
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0		3.0 oz	0.234	20.91	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0		4.0 oz	0.234	21.97	0.17
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0		4.0 oz	0.234	21.97	0.11
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0		4.0 oz	0.234	21.97	0.17
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)		0.234	22.19	0.00
15069	Fish, pompano, florida, cooked, dry heat	88.0		1.0 fillet	0.233	20.85	0.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0		1.0 cup	0.233	15.57	50.14
15046	Fish, mackerel, Atlantic, raw	112.0		1.0 fillet	0.233	20.83	0.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0		3.0 oz	0.233	19.92	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.233	19.56	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.233	22.13	0.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0		3.0 oz	0.233	20.59	0.00
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0		3.0 oz	0.233	20.80	0.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0		3.0 oz	0.233	19.96	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.232	18.34	2.99
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.232	20.70	0.00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.232	20.82	0.05
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.232	19.58	0.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.232	20.74	0.00
16104	Bacon, meatless	144.0	1.0 cup	0.232	16.83	7.65
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.232	21.58	0.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.232	23.69	0.03
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.231	18.22	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.231	20.58	0.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.231	21.96	0.03
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.231	20.66	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.231	18.89	0.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.231	19.78	0.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.231	22.41	0.08
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.231	19.80	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.231	22.92	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.231	19.45	0.00
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.231	19.31	55.07
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.231	19.31	55.07
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.231	22.75	0.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.231	23.65	0.00
20063	Rye flour, dark	128.0	1.0 cup	0.230	20.36	87.85
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.230	20.60	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.230	19.49	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.230	21.54	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.230	21.92	0.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.230	22.54	0.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.230	21.22	1.64
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.230	19.49	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.230	19.39	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.230	22.82	0.16
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.230	20.08	0.52
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.230	20.84	0.15
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.230	20.52	0.00
20140	Spelt, uncooked	174.0	1.0 cup	0.230	25.35	122.13
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.230	20.51	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.230	20.77	0.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.230	19.60	0.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.230	18.57	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.230	22.06	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.230	20.43	0.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.230	18.69	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.230	21.77	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.230	22.07	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.230	19.62	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.230	20.73	0.00
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.229	17.94	21.27
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.229	20.78	0.82
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.229	15.47	5.36
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.229	20.43	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.229	18.65	0.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.229	18.65	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.228	20.69	1.15
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.228	20.20	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.228	19.49	0.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.228	19.16	0.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.228	20.31	0.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.228	20.31	0.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.228	20.31	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.228	20.31	0.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.228	20.33	0.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.228	20.62	0.03
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.228	19.12	0.00
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.228	15.70	0.00
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.227	20.03	0.00
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.227	20.23	6.28
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.227	16.68	65.73
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.227	12.96	4.78
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.226	20.93	0.00
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.226	22.37	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.226	25.42	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.226	20.92	0.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.226	19.12	0.20
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.226	22.37	0.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.226	19.14	0.15
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.226	20.16	0.00
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.226	20.37	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.226	25.31	0.00
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.226	20.44	0.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.226	24.95	46.51
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.225	19.02	55.54
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.225	20.08	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.225	20.08	0.00
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.225	19.93	0.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.225	20.37	0.04
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.225	20.89	0.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.225	19.30	0.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.225	20.80	0.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.225	22.21	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.225	20.14	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.225	19.70	0.16
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.224	20.72	0.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.224	19.23	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.224	20.00	0.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.224	21.31	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.224	19.21	76.36
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.224	19.97	0.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224	19.17	0.00
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.224	14.29	43.13
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224	19.13	0.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.224	19.95	0.00
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.224	17.31	3.31
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.224	19.92	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.224	19.97	0.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.224	20.00	0.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.224	19.96	0.00
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.224	19.93	0.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.224	19.15	0.00
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.224	22.18	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.224	19.97	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.224	19.94	0.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.223	16.95	28.24
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.223	22.04	0.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.223	19.84	0.00
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.223	24.96	0.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.223	18.17	0.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.223	20.14	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.223	19.93	0.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.223	19.89	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.223	19.86	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.223	21.15	0.00
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.223	19.87	13.50
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.222	17.19	19.20
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.222	21.94	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222	19.80	0.00
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.222	21.90	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222	19.79	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.222	18.97	0.00
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.222	19.83	0.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.222	20.55	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.222	19.80	0.00
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.222	21.96	1.28
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.222	19.75	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.222	19.77	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.222	21.16	0.02
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.222	20.55	0.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.222	17.04	0.98
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.222	18.79	0.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.222	21.34	0.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.221	25.09	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.221	19.29	0.15
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.221	18.91	0.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.221	20.03	0.01
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.221	19.41	7.68
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.221	18.04	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221	19.77	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.221	19.55	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221	19.78	0.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221	17.99	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.221	23.59	0.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.221	20.44	0.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.221	21.86	0.13
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.221	19.71	0.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.221	18.54	0.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.221	19.36	1.29
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.221	19.79	0.00
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.221	18.80	31.89
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.220	20.37	0.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.220	18.81	0.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.220	19.90	0.03
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.220	21.79	0.00
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.220	24.66	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.220	19.64	0.00
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.220	19.67	0.00
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.220	19.89	0.00
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.220	15.14	84.71
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.219	18.51	0.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.219	18.39	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.219	18.41	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.219	18.51	0.00
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.219	15.72	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.219	19.56	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.219	21.64	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.219	20.89	0.68
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.219	20.93	0.00
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.219	18.03	34.10
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.218	16.60	40.04
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.218	24.49	0.00
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.218	18.60	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.218	16.75	0.17
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.218	19.48	0.00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.218	19.16	8.01
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.218	17.71	0.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.218	20.77	1.49
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.218	24.60	0.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.218	21.52	0.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.218	19.46	0.00
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.218	19.43	0.00
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.218	19.41	0.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.218	19.43	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.218	18.38	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.218	18.22	0.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.217	19.35	0.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.217	28.71	0.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.217	19.38	0.00
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.217	15.55	0.00
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.217	24.27	0.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.217	19.35	0.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.217	19.30	0.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.217	18.55	0.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.217	20.07	0.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.217	19.32	0.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.217	23.10	0.63
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.217	21.72	0.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.217	21.38	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.217	19.35	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.217	19.37	0.00
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.217	24.32	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.217	20.14	0.19
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.216	25.05	0.00
05150	Goose, liver, raw	94.0	1.0 liver	0.216	15.39	5.94
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.216	19.36	56.01
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.216	17.00	28.59
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.216	18.45	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01057	Eggnog	254.0	1.0 cup	0.216	11.56	20.45
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.216	24.22	0.00
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.216	19.24	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.216	18.15	0.70
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.216	20.58	0.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.216	19.98	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.216	21.37	0.00
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.216	17.51	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.215	18.04	0.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.215	19.18	0.00
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.215	19.21	0.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.215	19.21	0.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.215	18.79	0.97
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.214	15.43	58.01
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.214	20.11	0.12
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.214	20.11	0.12
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.214	19.12	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.214	17.97	0.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.214	19.16	0.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.214	19.12	0.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.214	24.42	0.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.214	18.14	0.00
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.214	20.11	0.12
07008	Bologna, beef and pork	100.0	3.527 oz	0.214	15.20	5.49
20131	Barley malt flour	162.0	1.0 cup	0.214	16.65	126.85
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.213	18.23	0.09
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.213	15.35	0.03
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.213	18.64	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.213	19.07	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.213	21.08	0.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.213	19.06	0.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.213	18.62	0.18
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.213	23.90	0.00
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.213	14.13	10.23
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.212	18.18	0.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.212	19.21	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212	16.27	0.20
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.212	18.57	7.97
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.212	19.23	0.26
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.212	19.23	20.85
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.212	19.64	0.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212	18.48	0.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.212	23.38	0.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.212	18.94	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.212	17.27	0.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.212	18.49	0.14
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.212	18.92	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.212	18.86	0.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.212	22.52	0.58
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.211	19.10	0.23
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.211	18.39	0.10
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.211	18.79	0.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.211	18.83	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.211	18.39	0.00
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.211	17.54	0.00
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.211	18.07	0.00
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.210	19.99	44.05
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.210	16.72	91.10
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.210	20.08	0.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.210	13.92	10.89
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.210	17.76	0.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.210	17.79	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.210	17.95	0.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.210	18.93	0.00
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.210	20.72	0.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.209	10.23	27.11
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.209	18.62	0.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.209	18.25	0.00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.209	18.84	0.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.209	18.66	0.00
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.209	18.70	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.209	18.66	0.00
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.209	15.85	86.36
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.209	11.87	34.40
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.209	11.87	34.40
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.208	15.61	0.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.208	18.46	0.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.208	16.92	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.208	18.16	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.208	17.11	1.52
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.208	16.86	0.00
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.208	25.85	16.40
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.208	25.85	15.42
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.207	19.80	3.21
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.207	14.89	0.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.207	18.09	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.207	22.12	0.58
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207	18.10	0.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.207	18.75	0.03
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207	18.10	0.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.207	17.46	0.65
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.207	22.25	0.14
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207	18.09	0.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.207	16.78	0.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207	18.11	0.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.207	18.71	0.23
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.207	25.86	0.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.207	18.04	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.207	20.37	0.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207	18.46	0.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.207	18.01	0.33
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.206	19.43	59.09
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.206	18.14	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.206	17.42	44.91
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.206	17.42	44.91
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.206	18.58	0.28
01109	Milk, sheep, fluid	245.0	1.0 cup	0.206	14.65	13.13
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.206	9.99	27.61
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.206	17.96	0.26
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.206	17.94	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.206	18.42	0.00
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.206	14.80	0.63
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.206	18.36	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.206	18.33	0.00
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.206	18.38	0.00
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.205	17.13	95.08
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.205	30.99	0.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.205	18.18	0.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.205	18.85	0.00
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.205	17.54	0.00
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.205	19.24	0.12
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.205	18.32	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.205	18.31	0.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.205	18.32	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.205	17.22	0.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.205	18.28	0.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.205	17.88	0.16
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.205	17.26	1.14

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.205	16.97	44.98
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.204	19.46	0.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.204	19.89	90.63
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.204	18.24	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.204	18.81	0.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.204	18.22	0.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.204	17.82	0.00
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.204	18.22	0.00
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.204	31.25	53.98
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.204	17.98	1.68
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.204	13.29	2.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.203	17.74	0.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.203	18.01	0.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.203	16.74	1.28
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.203	19.11	0.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.203	17.39	0.27
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.202	17.99	0.06
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.202	18.08	0.00
20647	Millet flour	119.0	1.0 cup	0.202	12.79	89.39
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.202	17.96	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.202	18.10	0.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.202	18.28	0.35
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.202	18.27	0.31
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.201	14.49	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.201	17.28	0.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.201	21.66	0.60
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.201	18.23	0.04
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.201	17.89	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.201	16.89	0.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.201	17.99	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.201	17.57	0.00
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.201	14.81	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.201	17.96	0.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.201	31.51	0.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.201	20.34	0.17
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.201	19.05	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.201	17.52	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.201	19.03	0.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.201	20.47	0.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.201	21.34	0.26
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.201	17.94	0.26
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.200	26.41	15.46
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.200	17.83	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.200	17.44	0.00
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.200	17.81	0.00
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.200	17.85	5.54
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.199	17.48	39.86
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.199	26.10	15.66
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.199	30.28	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.199	17.33	0.00
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.199	17.82	16.04
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.199	17.96	0.08
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.199	17.03	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.199	17.96	0.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.199	21.21	0.29
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.199	14.25	0.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.199	17.73	0.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.199	17.31	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.199	17.74	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.199	14.99	9.66
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.198	16.80	38.67
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.198	16.80	38.67
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.198	16.90	0.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.198	17.68	0.51
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.198	17.30	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.198	15.78	0.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.198	17.67	0.03
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.198	22.20	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.197	17.59	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.197	17.48	0.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.197	16.88	0.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.197	17.60	0.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.197	17.86	0.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.197	8.98	43.11
16100	Peanut flour, low fat	60.0	1.0 cup	0.197	20.28	18.76

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.197	21.41	0.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.196	16.53	43.29
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.196	16.53	43.29
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.196	18.69	0.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.196	17.55	0.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.196	17.12	0.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.196	17.75	0.03
05641	Ostrich, ground, raw	109.0	1.0 patty	0.196	22.04	0.00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.196	8.93	29.68
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.196	20.62	40.04
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.196	21.80	155.40
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.196	20.62	40.04
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.196	20.82	6.47
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.196	21.35	3.23
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.196	17.08	6.22
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.196	17.08	6.22
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.196	25.52	11.42
15053	Fish, milkfish, raw	85.0	3.0 oz	0.196	17.45	0.00
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.196	17.43	0.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.196	15.93	0.16
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.196	17.49	0.00
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.196	16.36	1.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.196	16.54	1.49
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.196	29.69	0.00
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.196	19.24	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.196	17.71	0.25

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.195	18.46	13.81
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.195	17.40	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.195	22.92	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.195	17.42	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.195	20.71	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.195	18.31	0.12
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.195	18.52	0.00
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.195	17.41	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.195	17.27	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.194	22.81	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.194	18.40	0.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.194	20.69	0.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.194	17.32	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.194	17.31	0.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.194	16.63	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.194	17.24	0.00
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.194	17.30	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.194	25.65	0.00
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.194	14.76	190.50
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.193	20.51	6.38
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.193	20.52	0.41
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.193	17.24	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.193	17.13	0.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.193	20.73	0.54

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.193	18.09	0.13
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.193	18.09	0.13
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.193	18.37	0.26
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.193	18.32	0.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.193	17.14	0.00
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.193	17.24	0.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.192	17.06	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.192	16.75	0.18
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.192	17.12	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.192	17.41	0.12
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.192	18.28	0.26
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.192	17.10	0.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.192	29.23	0.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.192	16.73	0.04
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.192	17.18	0.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.192	14.41	71.32
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.192	8.66	36.04
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.192	22.56	0.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.192	8.59	31.68
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.191	16.94	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.191	18.14	0.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.191	17.06	0.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.191	17.05	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.191	17.09	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.191	17.08	0.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191	16.16	39.67
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191	16.16	39.67
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191	16.21	44.75
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191	16.21	44.75
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.191	8.73	7.55
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.191	13.89	149.65
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.191	13.89	149.65
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.190	16.41	99.37
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.190	16.41	99.37
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.190	16.69	9.39
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.190	17.00	0.00
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.190	17.19	0.03
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.190	16.06	46.20
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.190	16.06	46.20
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.190	16.92	0.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.190	28.82	0.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.190	18.76	0.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.190	28.90	0.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.190	28.84	1.73
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.190	25.03	0.00
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.190	18.39	0.11
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.190	15.90	0.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.190	16.51	0.42
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.189	16.91	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.189	18.02	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.189	28.86	0.00
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.189	13.72	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15110	Fish, swordfish, raw	85.0	3.0 oz	0.189	16.71	0.00
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.189	13.57	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.189	16.47	0.25
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.189	22.19	0.00
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.189	16.86	0.00
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.189	17.74	0.12
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.189	28.62	0.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.189	16.81	0.00
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.189	18.67	0.13
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.189	21.97	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.189	20.36	0.54
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.189	16.85	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.188	16.21	0.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.188	16.74	0.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.188	22.15	0.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.188	28.53	0.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.188	15.91	0.54
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.188	17.42	0.00
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.188	18.57	0.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.188	28.55	0.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.188	16.35	0.57
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.187	17.76	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.187	16.61	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.187	17.81	0.00
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.187	13.95	141.06
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.186	28.27	0.00
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.186	18.44	1.19

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.186	16.81	0.15
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.186	17.44	0.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.186	28.36	0.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.186	16.62	0.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.186	28.36	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.186	15.89	0.36
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.185	17.72	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.185	15.70	0.14
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.185	18.33	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.185	17.65	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.185	17.60	0.00
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.185	16.52	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.185	22.89	0.00
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.185	15.75	0.00
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.185	16.51	0.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.185	15.41	44.84
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.185	19.67	0.00
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.184	12.67	45.98
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.184	16.29	0.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.184	28.12	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.184	17.55	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.184	17.60	0.18
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.184	16.47	0.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184	16.36	0.00
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.184	15.00	21.87
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.184	12.79	28.51
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184	15.35	40.36
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.184	16.41	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11413	Potato flour	160.0	1.0 cup	0.184	11.04	132.96
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.184	16.37	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184	16.32	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.184	16.27	0.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.184	16.29	0.00
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.184	16.40	0.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.184	27.96	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.184	17.41	0.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.184	27.92	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.184	16.28	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.184	16.30	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184	16.32	0.08
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.183	13.43	41.32
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.183	14.48	70.05
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.183	16.24	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.183	17.33	0.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.183	16.37	0.10
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.183	27.82	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.183	27.85	0.00
20062	Rye grain	169.0	1.0 cup	0.183	17.47	128.20
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.182	21.73	0.00
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.182	14.25	144.72
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.182	15.35	40.36
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182	15.35	40.36

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182	15.35	40.36
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.182	16.35	40.20
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.182	16.35	41.36
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.182	7.97	38.62
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.182	14.98	47.41
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.182	8.97	1.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.182	14.98	47.41
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.182	16.14	0.31
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.182	27.52	0.00
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.182	16.23	0.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.182	16.12	0.00
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.182	16.27	0.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.182	27.73	0.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.182	8.09	22.22
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.182	13.06	41.30
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.181	20.67	27.19
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.181	20.67	27.19
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.181	16.15	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.181	19.30	0.37
15044	Fish, ling, raw	85.0	3.0 oz	0.181	16.14	0.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.181	19.40	0.14
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.181	16.04	0.00
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.181	15.95	0.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.181	15.83	6.56
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.181	15.31	47.17
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.181	15.31	47.17
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.181	15.82	7.38
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.181	15.24	40.78

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.181	15.24	40.78
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.180	27.38	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.180	17.14	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.180	16.03	0.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.180	19.45	0.28
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.180	16.03	0.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.180	15.83	5.43
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.180	16.02	0.45
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.180	23.84	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.180	16.03	0.00
15033	Fish, haddock, raw	85.0	3.0 oz	0.180	13.87	0.00
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.180	16.73	0.00
07005	Blood sausage	100.0	4.0 slices	0.180	14.60	1.29
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.180	20.41	0.02
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.180	19.05	15.61
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.179	15.13	45.05
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.179	15.13	45.05
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.179	20.14	0.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.179	16.02	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.179	17.12	0.00
15090	Fish, scup, raw	85.0	3.0 oz	0.179	16.05	0.00
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.179	16.60	0.04
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.178	15.89	0.17
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.178	15.98	0.00
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.178	22.64	58.72
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.178	13.71	26.20

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.178	19.22	0.17
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.178	19.10	0.51
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.178	17.80	0.13
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.178	15.73	0.07
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.178	19.08	0.18
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.178	17.36	0.00
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.177	19.86	0.00
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.177	15.78	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.177	16.24	0.00
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.177	27.58	38.55
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.177	16.62	0.25
16059	Chili with beans, canned	256.0	1.0 cup	0.177	15.67	33.89
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.176	16.79	0.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.176	18.57	0.26
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.176	15.67	0.00
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.176	13.48	0.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.176	18.93	0.44
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.176	15.81	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.176	18.73	1.26
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.176	14.69	0.31
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.176	26.58	0.00
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.176	15.72	0.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.176	15.67	0.31
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.176	12.62	0.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.176	15.67	0.00
05621	Emu, ground, raw	117.0	1.0 patty	0.176	26.64	0.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.175	17.88	58.09
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.175	14.74	37.33
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.175	14.74	37.33

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.175	15.66	0.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.175	15.63	0.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.175	14.02	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.175	17.31	0.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.175	17.84	57.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.174	14.18	36.06
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.174	14.18	36.06
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.174	16.38	0.13
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.174	22.92	0.00
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.174	12.47	3.03
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.174	15.74	6.99
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.173	17.15	0.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.173	16.90	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.173	26.40	0.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.173	16.97	0.00
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.173	19.43	0.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.173	16.58	0.48
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.173	10.81	0.91
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.173	14.66	39.25
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.173	14.66	39.25
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.173	14.63	42.42
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.173	14.63	42.42
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.173	14.47	39.72
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.173	14.47	39.72
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.173	26.12	22.03
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.173	15.41	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.173	18.44	1.07
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.173	17.06	0.06
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.173	15.58	0.11
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.172	15.25	6.62

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.172	25.54	0.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.172	26.07	0.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.172	26.18	0.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.172	18.75	2.84
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.172	14.40	39.31
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.172	12.40	27.61
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.172	12.40	27.61
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.171	14.06	71.44
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.171	13.90	34.75
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.171	13.90	34.75
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.171	15.28	0.30
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.171	15.19	0.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.171	26.10	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.171	25.97	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.171	18.20	0.74
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.171	26.04	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.171	15.23	0.00
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.171	12.96	26.75
15008	Fish, carp, raw	85.0	3.0 oz	0.170	15.16	0.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.170	14.96	5.44
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.170	18.09	0.98
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.170	18.83	0.00
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.170	19.03	0.00
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.170	16.80	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.170	25.60	0.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.170	13.95	31.99
16005	Beans, baked, home prepared	253.0	1.0 cup	0.170	14.02	54.72
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.169	15.14	0.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.169	16.15	0.00
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.169	15.45	0.06
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.169	25.75	0.00
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.169	15.07	0.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.169	12.13	0.29
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.168	11.87	67.95
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.168	11.87	67.95
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.168	16.66	0.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.168	15.04	0.30
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.168	25.67	0.00
15045	Fish, lingcod, raw	85.0	3.0 oz	0.168	15.01	0.00
15013	Fish, cisco, raw	79.0	1.0 fillet	0.168	15.00	0.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.168	14.99	0.00
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.168	16.85	32.21
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.168	15.41	44.84
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.167	25.44	0.00
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.167	14.99	0.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.167	14.86	0.00
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167	18.76	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.167	15.92	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167	17.81	0.89
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.167	20.36	81.93
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.167	15.26	21.90
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.167	14.90	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167	17.76	0.88
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.167	14.91	0.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.167	14.43	39.95
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.167	17.78	1.02
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.167	14.92	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.167	19.79	0.00
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167	18.69	0.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.167	25.29	0.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.167	14.43	40.39
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.167	14.88	0.00
15112	Fish, tilefish, raw	85.0	3.0 oz	0.167	14.88	0.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.167	17.76	1.15
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.166	13.60	57.78
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.166	12.57	3.82
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.166	25.20	0.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.166	14.86	0.16
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.166	16.39	0.00
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.166	18.57	0.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.166	17.30	56.97
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.166	17.30	56.97
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.165	11.84	38.67
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.165	18.54	0.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.165	14.88	0.73
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.165	27.77	0.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.165	14.64	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.165	16.81	0.00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.165	16.94	22.67

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.165	16.94	22.67
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.165	14.37	40.21
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.165	19.53	0.04
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.164	21.38	0.11
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.164	17.48	0.71
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.164	14.61	0.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.164	24.93	0.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.164	17.68	1.31
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.164	18.42	0.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.164	25.00	0.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.164	17.46	0.71
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.164	15.55	0.15
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.164	12.45	41.23
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.164	13.36	37.96
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.164	13.36	37.96
20077	Wheat bran, crude	58.0	1.0 cup	0.164	9.02	37.42
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.163	18.51	0.00
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.163	14.54	5.11
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.163	24.85	0.00
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.163	21.63	0.00
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.163	24.71	0.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.163	16.64	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.163	14.36	0.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.163	24.83	0.00
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.163	18.32	0.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.163	15.56	3.13
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.163	24.85	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.163	18.21	0.09
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.162	13.22	35.50
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.162	13.22	35.50
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.162	24.72	0.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.162	24.67	0.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.162	16.44	171.02
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.162	11.23	106.90
15094	Fish, shad, american, raw	85.0	3.0 oz	0.161	14.39	0.00
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.161	16.18	0.13
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.161	14.58	0.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.161	24.62	0.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.161	24.55	0.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.161	24.60	0.00
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.161	13.36	37.12
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.161	14.53	0.08
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.161	15.91	0.03
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.161	15.71	40.84
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.160	17.86	38.69
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.160	17.86	39.86
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.160	9.56	9.20
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.160	14.25	0.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.160	24.36	0.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.160	14.24	0.51
17142	Veal, ground, raw	85.0	3.0 oz	0.160	15.79	0.00
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.160	14.23	0.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.159	12.88	30.70
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.159	17.08	0.84

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.159	12.91	95.39
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.159	12.91	95.39
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.159	12.91	95.39
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.159	12.91	95.39
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.159	11.63	38.80
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.158	14.68	0.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.158	9.96	25.20
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.158	14.14	0.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.158	17.34	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.158	24.06	0.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.158	24.05	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.158	39.37	0.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.158	14.09	0.00
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.157	14.12	6.37
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.157	23.87	0.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.157	16.87	1.20
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.157	14.19	0.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.157	23.91	0.00
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.157	14.05	0.00
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.157	13.13	50.57
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.157	20.68	0.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157	11.97	35.01
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157	11.97	35.01
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.157	14.34	27.30
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156	23.76	0.00
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.156	13.93	0.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.156	24.21	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.156	23.82	0.00
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.156	13.95	0.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.156	22.78	0.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.156	23.81	0.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156	23.77	0.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.156	14.72	36.95
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.156	12.91	27.29
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.156	5.66	6.57
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.156	11.81	5.38
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.156	14.00	3.07
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.156	14.31	0.00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.156	20.39	0.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.156	23.61	0.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.156	23.71	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.156	14.81	0.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.156	23.65	0.00
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.156	13.92	0.00
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.155	14.24	0.00
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.155	13.96	3.77
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.155	11.39	3.59
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.155	9.70	49.08
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.155	11.85	32.25
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.155	13.80	0.70
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.155	23.51	0.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.155	21.93	0.00
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.155	12.95	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.155	23.53	0.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.155	23.60	0.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.154	23.40	0.00
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.154	13.72	0.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.154	23.39	0.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.154	24.50	0.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.154	23.42	0.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.154	23.40	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.154	14.61	0.14
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.154	13.73	0.66
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.154	13.19	147.91
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.154	13.19	147.91
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.154	14.18	38.68
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.154	14.18	38.68
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.153	12.83	32.86
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.153	10.85	15.59
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.153	10.85	15.59
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.153	22.75	0.00
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.153	13.64	0.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.153	16.54	0.98
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.153	23.26	0.00
15128	Fish, tuna salad	85.0	3.0 oz	0.153	13.63	8.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.153	23.31	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.153	16.66	0.98

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.152	23.09	0.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.152	22.45	0.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.152	23.14	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.152	23.18	0.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.152	23.15	0.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.152	23.18	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.152	23.09	0.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.152	20.18	0.71
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.152	16.94	56.32
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.152	16.94	56.32
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.151	12.32	3.39
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.151	22.14	0.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.151	22.96	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.151	23.05	0.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.151	11.58	40.19
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.151	11.58	40.19
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.151	12.36	92.78
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.150	16.80	55.79
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.150	13.39	0.76
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.150	16.00	1.49
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.150	22.85	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.150	22.92	0.00
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.150	12.89	154.71

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.150	12.89	154.71
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.150	14.10	1.51
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.150	13.00	158.30
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.150	13.00	158.30
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.150	13.03	19.30
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.150	19.59	0.01
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.150	22.77	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.150	22.77	0.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.150	19.82	0.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.150	22.75	0.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.150	22.74	0.00
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.149	10.02	2.32
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.149	14.42	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.149	14.36	0.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.149	17.25	0.34
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.149	22.59	0.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.149	22.62	0.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.149	15.85	0.60
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.149	22.58	0.00
21083	Fast foods, taco salad	198.0	1.5 cup	0.148	13.23	23.58
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.148	14.99	34.52
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.148	22.49	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.148	22.47	0.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.148	15.83	1.46

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.148	22.47	0.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.148	14.04	28.08
11656	Corn pudding, home prepared	250.0	1.0 cup	0.148	11.05	42.42
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.147	10.65	54.84
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.147	22.39	0.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.147	21.19	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.147	22.36	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.147	17.46	4.60
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.147	22.71	0.00
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.147	16.03	140.60
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.147	12.48	42.52
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.147	12.48	42.52
11658	Spinach souffle	136.0	1.0 cup	0.147	10.73	8.02
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.147	8.15	0.64
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.146	14.45	0.28
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.146	14.72	31.14
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.146	22.24	0.00
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.146	12.60	151.11
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.146	11.07	117.35
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.145	17.99	30.13
20090	Rice flour, brown	158.0	1.0 cup	0.145	11.42	120.84
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.145	15.83	1.15
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.145	22.16	0.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.145	13.91	0.14
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.145	16.31	0.00
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.145	10.29	14.70
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.145	14.31	35.10
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.145	14.31	35.10

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.145	12.41	37.42
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.145	21.97	0.00
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.144	18.48	17.66
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.144	12.40	43.23
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.144	21.81	0.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.144	15.29	1.33
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.143	15.23	0.00
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.143	10.34	36.04
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.143	12.10	8.78
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.143	18.57	0.00
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.143	11.60	31.91
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.143	15.84	48.39
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.142	12.88	0.16
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.142	10.06	14.69
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.142	12.67	1.87
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.141	12.80	0.00
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.141	11.04	62.90
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.141	15.10	1.31
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.141	21.50	0.00
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.141	15.02	25.51
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.140	11.85	32.25
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.140	13.24	8.98
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.140	10.67	31.47
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.140	13.57	33.01
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.140	13.57	33.01
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.140	14.90	1.02
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.140	15.44	1.21
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.140	11.88	35.93

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.140	18.57	0.48
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.139	14.53	44.97
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.139	14.53	44.97
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.139	12.77	2.68
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.139	11.38	32.71
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.139	14.17	39.22
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.139	13.15	0.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.139	14.77	1.05
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.139	14.74	1.23
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.139	14.24	0.17
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.138	12.23	2.86
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.138	12.43	0.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.138	9.74	13.68
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.138	9.72	13.51
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.138	8.39	23.51
15054	Fish, monkfish, raw	85.0	3.0 oz	0.138	12.31	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.138	21.00	0.00
01113	Whey, acid, dried	57.0	1.0 cup	0.137	6.69	41.87
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.137	12.10	25.04
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.137	12.10	25.04
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.137	14.77	33.29
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.137	20.85	0.00
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.137	12.21	0.00
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.137	13.01	0.00
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.137	10.14	0.91
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.136	17.95	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.136	10.32	32.84
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.136	10.32	32.84
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.136	12.10	0.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.135	9.67	13.58
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.135	14.08	0.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.135	12.70	39.51
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.134	10.24	31.73
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.134	10.09	33.06
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.134	15.87	3.54
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.134	11.90	35.10
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.134	11.92	28.04
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.133	13.84	32.54
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.133	12.08	5.21
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.133	14.00	31.77
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.133	11.86	0.00
15103	Fish, spot, raw	64.0	1.0 fillet	0.132	11.85	0.00
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.132	10.72	74.53
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.132	15.79	40.14
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.132	15.79	40.16
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.132	11.93	0.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.132	10.32	0.00
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.131	11.84	0.00
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.131	13.79	47.49
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.131	13.79	47.49
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.130	12.48	106.88
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.130	11.63	0.00
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.130	17.20	0.04
05630	Emu, outside drum, raw	85.0	3.0 oz	0.130	19.62	0.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.130	13.94	26.56
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.130	12.06	53.70
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.130	12.62	32.23
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.129	9.15	12.64

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.129	19.61	0.00
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.129	9.62	47.35
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.129	11.24	4.72
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.129	13.51	31.29
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.129	16.10	0.73
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.129	14.24	0.01
05626	Emu, full rump, raw	85.0	3.0 oz	0.128	19.41	0.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.128	19.47	0.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.128	19.49	0.00
05631	Emu, oyster, raw	85.0	3.0 oz	0.128	19.39	0.00
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.128	10.20	92.73
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.128	9.46	16.24
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.128	17.22	8.14
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.128	16.70	6.45
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.128	11.44	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.128	9.39	0.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.128	19.36	0.00
15074	Fish, sablefish, raw	85.0	3.0 oz	0.128	11.40	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.128	25.04	0.00
20060	Rice bran, crude	118.0	1.0 cup	0.127	15.75	58.63
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.127	10.04	12.98
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.127	8.92	1.71
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.127	8.91	1.41
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.127	16.72	4.04
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.127	19.12	0.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.127	15.93	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.127	24.84	0.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.126	24.79	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.125	9.52	6.42
20064	Rye flour, medium	102.0	1.0 cup	0.125	11.10	76.94
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.125	15.60	38.84
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.125	12.90	0.02
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.125	8.65	24.65
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.125	11.73	29.93
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.125	18.91	0.00
05628	Emu, inside drum, raw	85.0	3.0 oz	0.125	18.89	0.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.125	24.55	0.00
20034	Oat bran, cooked	219.0	1.0 cup	0.125	7.03	25.05
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.125	10.39	9.82
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.124	10.69	22.85
20087	Wheat, sprouted	108.0	1.0 cup	0.124	8.09	45.93
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.124	10.37	10.43
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.124	14.11	0.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.124	18.83	0.00
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.124	4.69	11.94
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.123	12.31	0.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.123	13.12	0.57
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.123	10.50	1.99
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.123	24.19	0.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.123	11.45	29.97
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.123	9.08	1.07
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.123	11.36	27.32
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.122	8.75	12.30
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.122	9.68	13.45
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.122	24.18	0.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.122	8.60	1.42
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.122	9.77	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.122	12.92	33.40
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.122	11.04	36.43
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.122	12.92	33.40
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.122	18.67	0.00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.122	11.04	36.43
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.122	11.42	6.80
01038	Cheese, romano	28.35	1.0 oz	0.122	9.02	1.03
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.122	12.05	27.66
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.122	18.44	0.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.121	8.90	33.12
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.121	11.76	26.39
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.121	10.34	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.121	18.33	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.121	18.35	0.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.121	18.33	0.00
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.121	9.34	38.09
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.121	10.51	20.78
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.120	8.53	12.18
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.120	8.53	12.18
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.120	12.40	16.86
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.120	15.87	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.120	18.17	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.120	18.22	0.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.120	23.57	0.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.120	18.20	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.120	23.56	0.00
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.120	11.25	53.71

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01023	Cheese, gruyere	28.35	1.0 oz	0.119	8.45	0.10
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.119	11.75	0.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.119	12.42	105.28
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.119	12.67	105.46
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.119	18.14	0.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.119	23.44	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.119	18.05	0.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.119	18.07	0.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.119	9.68	47.38
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.119	8.42	12.29
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.119	15.53	7.48
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.118	14.34	98.38
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.118	18.04	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.118	17.99	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.118	18.04	0.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.118	17.96	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.118	23.21	0.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.118	12.35	30.29
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.118	9.60	76.08
17166	Game meat, elk, raw	28.35	1.0 oz	0.117	6.51	0.00
07059	Polish sausage, pork	85.0	3.0 oz	0.117	11.98	1.39
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.117	17.83	0.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117	17.91	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117	17.79	0.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.117	9.71	4.63
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.117	8.43	2.60
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.117	12.23	27.91
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.117	10.73	33.29

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.116	22.98	0.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116	17.68	0.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.116	22.95	0.00
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.116	8.20	42.53
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.116	8.14	126.22
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.116	8.25	1.55
07052	Pastrami, turkey	57.0	2.0 slices	0.116	9.29	1.90
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.116	5.63	24.82
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.116	16.42	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116	17.54	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.116	17.58	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.116	17.57	0.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.116	17.58	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116	17.54	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116	17.63	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.116	12.30	2.40
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116	17.65	0.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.116	17.54	0.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.115	9.93	1.64
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.115	9.77	1.23
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.115	5.26	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.115	22.60	0.00
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.115	11.81	32.38
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.115	11.81	32.38
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.115	9.73	24.70

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.115	12.32	105.99
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.115	9.42	18.50
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.115	11.34	0.49
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.115	10.16	1.21
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.115	17.52	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.115	22.63	0.00
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.115	8.00	6.91
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.115	17.41	0.00
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.115	8.13	11.57
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.115	8.13	11.57
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.114	13.45	30.19
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.114	10.10	13.81
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.114	11.65	36.05
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.114	15.01	15.38
07939	Frankfurter, pork	76.0	1.0 link	0.114	9.74	0.21
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.114	17.33	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.114	22.41	0.00
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.114	9.40	126.61
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.113	9.26	0.00
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.113	10.99	9.99
20065	Rye flour, light	102.0	1.0 cup	0.113	10.02	78.21
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.113	22.29	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.113	22.19	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.113	22.34	0.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.113	17.26	0.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.113	17.14	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.113	22.35	0.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.113	8.25	14.06
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112	7.48	30.32
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.112	12.89	24.57

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.112	8.00	11.35
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.112	22.13	0.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.112	11.96	3.59
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.112	22.04	0.00
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.112	8.35	22.83
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.112	7.98	32.72
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.111	11.49	29.27
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.111	10.65	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.111	21.93	0.00
20314	Corn grain, white	166.0	1.0 cup	0.111	15.64	123.27
20014	Corn grain, yellow	166.0	1.0 cup	0.111	15.64	123.27
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.111	20.60	21.88
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.111	11.36	39.06
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.111	11.36	39.06
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.111	9.47	2.60
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.110	11.80	3.92
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.110	14.30	124.83
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.110	21.73	0.05
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.110	21.73	0.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.110	11.80	3.92
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.110	14.30	124.83
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110	16.85	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.110	21.73	0.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.110	11.09	26.81
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.110	10.09	2.27
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.110	11.38	27.27
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.110	8.91	7.70
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.110	17.50	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.110	21.57	0.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.110	16.63	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.110	10.67	0.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.110	16.67	0.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.109	9.73	46.81
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.109	9.73	46.79
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.109	10.76	0.38
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.109	10.55	19.76
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.109	21.46	0.00
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.109	9.09	10.88
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.109	21.43	0.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.108	9.44	3.56
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.108	14.14	7.93
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.108	11.41	46.12
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.108	15.25	0.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.108	16.47	0.00
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.108	9.60	22.92
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.107	7.37	25.57
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.107	7.56	10.88
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.107	8.06	38.80
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.107	7.14	107.78
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.107	9.44	20.63
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.107	8.60	8.17
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.107	11.90	0.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.107	9.54	0.00
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.107	7.51	15.07
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.107	11.25	162.83
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.106	19.38	31.53
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.106	8.11	0.54
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.106	20.93	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.106	20.88	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.106	16.14	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.105	13.62	0.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.105	11.42	135.85
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.105	10.58	4.28
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.105	8.26	12.15
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.105	8.26	12.15
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.105	9.23	0.00
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.105	4.81	7.30
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.105	4.81	7.38
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.105	10.23	24.85
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.105	10.07	27.76
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.105	8.82	91.84
11414	Potato salad, home-prepared	250.0	1.0 cup	0.105	6.70	27.92
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.105	9.98	22.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.105	8.22	12.18
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.105	8.22	12.18
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.105	15.94	0.00
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.105	8.95	18.89
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.105	11.94	0.31
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.104	9.31	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.104	20.43	0.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.104	5.83	98.64
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.103	6.22	1.68
20143	Teff, cooked	252.0	1.0 cup	0.103	9.75	50.05
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.103	8.12	11.81
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.103	9.20	0.00
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.103	8.88	19.28
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.103	7.19	38.27
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.103	7.19	37.93
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.103	7.03	26.41
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.103	8.11	11.74
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.103	7.03	26.41
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.103	20.29	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.103	11.13	30.38
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.103	10.37	28.09
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.102	7.92	25.85
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.102	8.05	11.71
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.102	10.12	14.31
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.102	10.12	14.31
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.102	20.35	0.48
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102	8.74	0.37
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.101	10.00	15.11
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.101	10.32	27.96
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.101	15.44	0.40
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.101	19.93	0.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.101	15.40	0.10
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.101	7.43	78.20
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.101	9.60	0.00
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.100	7.86	11.96
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.100	7.19	38.27
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.100	7.19	37.93
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.100	15.48	0.26
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.100	10.01	86.61
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.100	9.98	29.02
01018	Cheese, edam	28.35	1.0 oz	0.100	7.08	0.41
01041	Cheese, tilsit	28.35	1.0 oz	0.100	6.92	0.53
01022	Cheese, gouda	28.35	1.0 oz	0.100	7.07	0.63
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.100	13.02	5.96
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.099	15.10	0.00
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.099	6.59	0.49
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.099	7.99	2.30
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.099	7.46	14.98
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.099	10.22	14.07

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.099	8.85	0.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.099	8.01	0.00
17162	Game meat, caribou, raw	28.35	1.0 oz	0.099	6.42	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.099	19.43	0.00
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.099	9.10	0.09
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.098	6.00	1.20
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.098	19.40	0.00
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.098	8.64	0.87
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.098	9.76	0.00
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.098	7.30	49.31
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.098	7.69	11.66
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.098	7.69	11.71
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.097	7.84	2.39
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.097	7.61	42.64
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.097	10.64	0.48
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.097	7.96	6.14
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.097	7.96	6.14
35147	Tamales (Navajo)	186.0	1.0 piece	0.097	11.68	33.70
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.096	12.61	1.31
20137	Quinoa, cooked	185.0	1.0 cup	0.096	8.14	39.40
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.096	6.88	0.79
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.096	8.26	0.00
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.096	9.98	0.60
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.096	10.39	18.03
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.096	3.81	4.56
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.096	3.81	4.56
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.096	8.43	2.60
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.096	9.54	1.07
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.095	6.27	35.77
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.095	10.44	22.36
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.095	5.49	8.17
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.095	7.48	30.32

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.095	7.88	0.09
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.094	5.55	27.31
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.094	7.24	25.06
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.094	5.94	28.08
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.094	8.45	25.08
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.094	8.01	0.00
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.093	12.55	36.38
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.093	13.55	1.76
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.093	9.21	3.16
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.092	8.80	26.85
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.092	7.95	15.26
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.092	5.49	24.18
01008	Cheese, caraway	28.35	1.0 oz	0.092	7.14	0.87
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.092	8.19	0.00
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.092	4.49	58.12
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.092	9.03	1.31
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.092	12.71	36.00
01006	Cheese, brie	28.35	1.0 oz	0.091	5.88	0.13
01156	Cheese, goat, hard type	28.35	1.0 oz	0.091	8.65	0.62
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.091	10.01	2.09
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.091	7.54	3.60
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.090	6.21	1.28
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.090	17.81	0.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.090	8.30	0.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.090	8.55	0.27
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.090	7.01	35.18
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.090	10.60	18.52
11215	Garlic, raw	136.0	1.0 cup	0.090	8.65	44.96
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.090	7.04	48.47
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.090	8.17	1.00
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.089	11.17	0.88
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.089	11.66	0.02

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15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.089	7.45	9.88
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089	8.29	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.089	7.19	27.52
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089	7.82	0.47
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.089	11.63	7.71
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.088	13.82	37.10
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.088	13.82	37.10
01004	Cheese, blue	28.35	1.0 oz	0.088	6.07	0.66
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.088	6.27	3.53
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.088	9.82	47.47
07024	Frankfurter, chicken	85.0	3.0 oz	0.088	13.18	2.33
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.088	10.68	0.00
20013	Bulgur, cooked	182.0	1.0 cup	0.087	5.61	33.82
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.087	10.28	17.66
01007	Cheese, camembert	28.35	1.0 oz	0.087	5.61	0.13
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.087	9.30	2.14
17168	Goat, raw	28.35	1.0 oz	0.087	5.84	0.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.087	14.45	0.00
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.086	6.00	13.68
01039	Cheese, roquefort	28.35	1.0 oz	0.086	6.11	0.57
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.086	2.54	56.18
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.086	6.12	0.70
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.085	11.17	0.69
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.085	8.91	42.34
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.085	6.06	0.70
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.085	6.10	10.36
01010	Cheese, cheshire	28.35	1.0 oz	0.085	6.63	1.36
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.085	6.09	0.98
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.085	4.81	81.22
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.084	6.32	16.39
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.084	4.21	53.86

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.084	8.49	34.74
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084	7.16	0.00
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.083	6.28	0.36
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.083	5.93	63.24
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.083	6.26	0.38
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.083	6.59	31.91
07911	Liverwurst spread	55.0	0.25 cup	0.083	6.81	3.24
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.083	6.26	0.36
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.083	6.47	42.24
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.083	6.26	44.65
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.083	8.50	13.39
36610	DENNY'S, french fries	165.0	1.0 serving	0.082	5.63	58.08
09298	Raisins, seedless	165.0	1.0 cup, packed	0.082	5.07	130.65
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.082	7.88	0.01
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.082	16.22	0.00
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.082	5.68	33.50
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.082	5.77	24.44
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.082	6.10	0.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.082	5.78	17.16
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.082	6.18	0.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.082	7.29	0.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.082	6.58	39.67
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.082	7.33	33.92
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.082	7.33	33.92
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.081	5.17	8.56
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.081	5.57	2.36
36031	DENNY'S, onion rings	166.0	1.0 serving	0.081	8.78	68.14
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.081	6.01	7.28
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.081	9.17	1.50
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.081	3.48	23.42
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.081	6.41	36.61
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.081	10.62	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.081	7.73	7.54
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.081	8.01	0.00
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.081	7.86	64.11
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.081	5.88	0.84
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.081	7.64	22.06
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breeding removed	40.0	1.0 drumstick, bone and skin removed	0.080	10.52	0.04
20089	Wild rice, cooked	164.0	1.0 cup	0.080	6.54	35.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.080	6.30	29.44
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.080	7.15	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.080	4.02	41.42
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.080	6.31	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.080	22.04	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.080	15.80	0.00
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.080	5.86	70.38
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.080	4.87	7.73
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.080	4.87	7.91
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.080	5.29	0.92
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.080	7.02	46.84
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.080	5.54	62.62
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.079	7.45	0.00
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.079	6.45	61.12
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079	3.41	3.29
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079	6.77	0.00
07019	Chorizo, pork and beef	28.35	1.0 oz	0.079	6.83	0.53
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.079	10.75	28.17
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.078	6.21	26.14
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.078	6.97	0.00
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.078	6.07	35.66
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.078	5.65	0.82
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.078	5.04	356.96
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.078	6.29	0.00
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.078	8.50	0.48
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.077	3.33	25.10

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.077	7.44	0.32
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.077	4.80	72.92
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.077	7.43	7.27
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077	6.58	0.00
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.077	5.95	36.46
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.077	7.06	0.94
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.077	7.05	0.91
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.077	4.93	48.96
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.077	4.93	48.96
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.077	6.02	0.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.076	0.64	35.09
16129	Tofu, fried	28.35	1.0 oz	0.076	5.34	2.51
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.076	9.68	1.98
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.076	6.55	7.38
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.076	6.10	24.75
17170	Game meat, horse, raw	28.35	1.0 oz	0.075	6.06	0.00
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.075	6.70	0.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.075	5.68	0.00
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.075	6.72	31.11
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074	5.68	14.53
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.074	6.92	0.00
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.074	10.71	0.27
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.074	6.63	35.65
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.074	7.11	7.14
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.074	7.11	7.14
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.074	6.48	3.70
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.074	5.55	26.72
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.074	6.57	0.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.074	5.81	0.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.074	8.63	19.73
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.073	4.68	54.77
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.073	5.82	24.83

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.073	7.70	6.90
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.073	7.70	6.90
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.073	7.02	7.67
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.073	9.48	0.02
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.072	5.35	6.75
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.072	5.35	6.75
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.072	5.33	13.13
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.072	5.41	10.52
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.072	6.67	0.00
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.071	5.80	2.02
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.071	5.55	44.92
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.071	5.64	47.67
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.071	6.74	6.43
16087	Peanuts, all types, raw	28.35	1.0 oz	0.071	7.31	4.57
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.071	5.06	7.09
07926	Salami, Italian, pork	28.0	1.0 oz	0.071	6.08	0.34
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.071	6.57	0.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.071	10.10	85.74
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.071	10.10	85.74
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.071	4.93	20.63
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.071	6.06	0.00
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.071	9.64	87.31
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.071	9.64	87.31
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.071	9.64	87.31
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.071	8.05	1.32
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.071	5.78	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.071	6.31	0.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.071	6.72	2.88
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.070	8.37	25.83
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.070	5.54	0.00
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.070	7.68	0.00
16107	Sausage, meatless	25.0	1.0 link	0.070	5.07	2.02

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.070	5.98	0.00
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.070	9.91	93.81
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.070	9.91	93.81
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.070	6.28	12.35
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.069	5.95	0.00
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.069	6.68	21.03
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.069	3.91	35.30
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.069	6.75	115.87
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.069	7.04	39.68
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.069	5.92	0.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.069	6.17	0.00
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.069	6.61	46.37
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.069	5.91	0.00
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.069	7.26	40.26
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.069	7.26	40.26
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.069	7.26	40.26
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.069	7.26	40.26
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.069	6.88	58.57
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.069	5.88	0.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.069	5.72	0.01
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.069	7.20	41.75
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.068	4.48	46.55
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068	5.85	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.068	5.75	0.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.068	4.07	23.01
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.068	5.95	14.52
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068	5.83	0.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068	5.82	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.068	5.83	0.00
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.068	4.56	30.01
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068	5.80	0.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068	5.80	0.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068	5.81	0.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068	5.79	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.068	5.85	54.42
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.067	6.01	0.00
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.067	4.33	31.80
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.067	5.75	0.00
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.067	6.00	3.32
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.067	5.05	16.53
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.067	5.74	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.067	5.73	0.00
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.067	5.78	0.50
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.067	5.53	51.67
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.067	5.55	0.00
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.067	5.77	5.18
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.067	6.40	13.57
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.066	5.37	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.066	5.66	0.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.066	5.67	0.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.066	5.95	6.19
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.066	10.85	9.03
20032	Millet, cooked	174.0	1.0 cup	0.066	6.11	41.19
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.066	5.34	37.11

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.066	5.64	0.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.066	5.87	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.066	5.14	1.36
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.066	5.14	1.05
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.066	5.49	24.18
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.066	4.49	58.12
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.066	4.94	6.83
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.066	4.94	6.83
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.065	4.55	45.60
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.065	4.56	1.49
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.065	7.79	10.97
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.065	5.83	0.00
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.065	6.90	6.03
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.065	5.83	0.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.065	4.47	33.87
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.065	5.60	3.14
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.065	6.93	0.09
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.065	5.50	13.30
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.065	4.76	7.32
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.065	9.84	0.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065	5.54	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.065	9.83	0.00
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.065	5.04	50.73
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.065	5.05	12.07
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.065	5.05	12.07
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.064	4.77	64.76
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.064	5.13	17.99
11683	Carrot, dehydrated	74.0	1.0 cup	0.064	5.99	58.88
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.064	9.81	0.00
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.064	6.12	0.03

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.064	9.74	0.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.064	9.77	0.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064	5.48	0.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064	5.49	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.064	4.62	25.29
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.064	5.52	31.46
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.064	5.47	0.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.064	9.70	0.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.064	5.71	0.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.064	10.53	7.76
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.064	6.48	12.75
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.064	5.61	34.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.064	5.76	3.17
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.064	5.43	0.00
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.063	2.89	3.85
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.063	3.07	0.23
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.063	6.74	0.05
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.063	4.40	0.23
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.063	5.41	0.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.063	4.60	41.16
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.063	5.53	23.29
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.063	8.78	2.19
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.063	5.46	33.42
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.063	4.12	35.57
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.063	5.38	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.063	6.28	63.03
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.063	5.36	0.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.063	5.36	0.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.063	5.60	0.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.062	4.47	26.82
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.062	5.56	0.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062	5.34	0.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.062	5.68	5.97
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.062	5.69	0.00
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.062	4.90	9.01
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062	5.32	0.00
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.062	5.53	0.00
01069	Cream substitute, powdered	94.0	1.0 cup	0.062	2.33	55.73
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.062	5.64	12.90
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.062	5.64	12.90
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.062	5.54	0.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.062	9.40	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.062	9.39	0.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.062	9.41	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.062	5.52	0.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.062	4.56	27.64
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.062	4.60	41.16
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062	5.27	0.00
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.062	5.49	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062	5.27	0.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.061	5.24	0.00
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.061	5.05	59.13
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.061	5.23	33.53
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.061	5.23	32.55
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.061	6.10	12.75
16130	Okara	122.0	1.0 cup	0.061	4.29	14.92
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.061	4.61	0.40
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.061	6.03	0.00
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.061	4.01	36.90
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.061	9.21	0.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.061	5.20	0.00
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.061	4.79	0.00
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.060	5.58	1.68
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.060	5.61	1.28
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.060	5.31	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.060	4.67	0.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060	5.17	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.060	5.40	0.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.060	4.43	31.52
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.060	2.80	10.34
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.060	5.15	1.37
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.060	5.95	0.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.060	5.57	0.00
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.060	4.46	0.23
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.060	19.90	7.88
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060	5.11	0.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.060	9.08	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.060	11.16	124.74
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.060	11.16	124.74
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.060	11.16	124.74
20006	Barley, pearled, cooked	157.0	1.0 cup	0.060	3.55	44.31
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.060	11.16	124.74
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060	5.09	0.00
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.060	12.91	0.60
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.059	5.08	38.30
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.059	5.51	0.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.059	9.02	0.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.059	5.08	0.00
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.059	8.58	25.01
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.059	8.58	25.01
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.059	8.99	0.00
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.059	5.54	8.87
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.059	4.94	0.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.059	8.96	0.00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.059	5.06	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.059	4.87	0.00
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.059	3.55	34.26
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.059	5.12	17.66
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.059	5.70	9.84
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.059	5.70	9.84
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.059	6.10	1.79
07921	Bacon and beef sticks	28.0	1.0 oz	0.059	8.15	0.22
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.059	7.37	24.29
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.059	6.34	0.09
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.059	5.24	0.00
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.059	4.27	15.03

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.058	2.67	3.93
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.058	4.52	45.84
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.058	7.09	51.89
07040	Liver cheese, pork	28.35	1.0 oz	0.058	4.31	0.60
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.058	5.22	0.00
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.058	5.30	0.28
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.058	8.59	28.13
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.058	4.12	26.17
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.058	5.75	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.058	5.18	0.00
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.058	5.18	0.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.058	5.17	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.058	4.97	0.00
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.058	4.80	2.28
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.058	3.81	1.12
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.058	5.73	0.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.058	5.73	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.058	5.52	0.00
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.058	5.34	2.17
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.058	3.70	7.86
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.058	3.70	7.86
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.058	2.89	13.70
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.058	4.45	0.00
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.058	5.68	0.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.058	8.75	0.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.058	5.15	0.00
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.058	4.51	19.87
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.057	4.34	24.92
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.057	8.11	89.91
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.057	8.11	89.91
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.057	4.06	29.02
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.057	4.47	0.24

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.057	4.96	0.00
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.057	5.66	0.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.057	4.26	0.00
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.057	6.80	117.04
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.057	4.03	2.44
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.057	4.00	45.28
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057	4.89	0.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057	4.87	0.00
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.057	4.91	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057	4.88	0.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057	4.87	0.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057	4.87	0.00
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.057	5.09	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.057	6.13	0.12
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.057	4.87	0.00
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.057	5.00	3.92
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.057	3.97	5.37
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.057	5.01	0.60
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.057	5.61	0.00
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.057	3.16	79.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.057	3.72	22.83
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.057	7.31	1.93
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.056	5.78	44.29
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.056	4.82	0.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.056	4.84	0.00
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.056	4.90	0.38

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.056	4.84	0.00
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.056	7.62	30.11
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.056	5.00	0.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056	4.80	0.00
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.056	5.00	0.00
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.056	5.62	0.04
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.056	4.67	0.00
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.056	2.84	38.36
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.056	4.20	24.78
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.056	5.16	2.48
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.056	4.26	28.08
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.056	4.26	28.22
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056	4.79	0.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.056	2.55	3.18
07033	Ham and cheese spread	15.0	1.0 tbsp	0.056	2.43	0.34
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.056	5.12	2.52
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.056	4.58	3.35
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.056	7.83	83.22
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.056	5.48	0.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.056	4.76	0.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.056	4.75	0.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.056	5.49	0.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.056	8.47	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.056	4.96	0.00
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.055	6.07	1.04
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055	6.92	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.055	8.42	0.00
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.055	4.84	58.90
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.055	8.43	0.00
01159	Cheese, goat, soft type	28.35	1.0 oz	0.055	5.25	0.00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.055	4.73	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.055	5.46	0.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.055	8.39	0.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.055	2.51	2.50
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.055	4.70	0.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.055	4.71	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.055	8.39	0.00
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.055	5.47	0.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.055	8.37	0.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.055	4.92	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.055	8.39	0.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.055	4.26	4.99
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.055	4.47	4.42
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.055	5.41	0.00
17224	Lamb, ground, raw	28.35	1.0 oz	0.055	4.69	0.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.055	5.43	0.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.055	8.35	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.055	8.31	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.055	8.34	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.055	4.67	0.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.055	8.32	0.00
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.055	5.08	2.55
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.054	4.54	32.27
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.054	4.54	32.27
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.054	3.97	5.37
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.054	8.27	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.054	4.86	0.00
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.054	4.91	14.63
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.054	5.60	14.43
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.054	5.60	13.49
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.054	9.74	13.06
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.054	6.11	0.98
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.054	7.82	19.88
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.054	4.57	6.35
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.054	4.98	0.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.054	4.63	0.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.054	8.22	0.00
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.054	5.35	0.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.054	8.24	0.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.054	8.23	0.00
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.054	4.96	2.56
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.054	8.20	0.00
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.054	3.60	29.67
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.054	4.21	0.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.054	4.81	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.054	3.99	0.50
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.054	5.19	0.00
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.054	4.88	0.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.054	3.93	3.10
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.054	3.45	0.28
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.054	6.70	0.00
11304	Peas, green, raw	145.0	1.0 cup	0.054	7.86	20.95
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.054	7.45	1.70
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.053	6.32	11.96
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053	4.96	0.45
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.053	4.75	0.00
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.053	4.34	0.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.053	4.62	0.00
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.053	3.63	20.13
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.053	8.07	0.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.053	4.75	0.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.053	4.72	2.48
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.053	4.72	2.48
13350	Beef, cured, dried	28.0	10.0 slices	0.053	8.71	0.77
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.053	3.97	29.55
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.053	4.00	18.81
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053	6.30	3.08
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.053	4.50	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.053	8.02	0.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.052	3.76	23.72
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.052	3.69	25.04
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.052	4.68	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.052	4.69	0.00
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.052	4.87	0.54
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.052	5.31	3.46
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.052	5.76	9.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.052	5.31	3.46
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.052	5.76	9.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.052	5.70	0.97
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.052	6.10	1.53
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.052	7.94	0.00
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.052	4.43	53.18
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.052	4.43	53.18
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.052	4.31	19.18
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.052	4.87	0.02
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.052	4.63	0.00
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.052	4.59	9.72
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.052	5.06	0.00
15014	Fish, cisco, smoked	28.35	1.0 oz	0.052	4.64	0.00
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.052	4.76	196.44
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.052	3.94	0.64
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.052	4.61	0.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.052	5.58	0.12
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.052	5.51	0.29
07026	Ham, chopped, canned	28.35	1.0 oz	0.052	4.55	0.07
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.052	3.43	10.26
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.052	5.49	0.29
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.051	4.58	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.051	5.46	0.35

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.051	7.81	0.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.051	7.82	0.00
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.051	5.15	10.74
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.051	5.15	10.74
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.051	5.66	22.63
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.051	5.66	22.63
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.051	5.23	10.34
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.051	5.23	11.28
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.051	3.64	24.87
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.051	4.43	22.83
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.051	4.21	30.87
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.051	4.21	31.84
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.051	3.83	27.97
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.051	3.80	36.15
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.051	4.54	0.00
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.051	5.19	0.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.051	5.02	11.93
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.051	8.92	11.97
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.051	5.18	5.95
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.051	4.34	0.00
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.051	7.83	0.15
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.051	6.87	2.07
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.051	5.38	27.08
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.051	5.38	27.08
21419	KFC, biscuit	49.0	1.0 biscuit	0.050	3.68	21.34
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.050	4.67	0.06
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.050	3.34	19.47
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.050	4.72	197.19
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050	6.27	0.00
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.050	4.39	53.44

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.050	3.61	26.41
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.050	3.66	26.76
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.050	3.88	4.82
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.050	4.47	0.00
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.050	4.44	4.70
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.050	4.53	75.73
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050	4.54	0.28
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.050	3.91	25.85
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.050	5.00	0.38
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.050	4.16	26.47
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.050	4.21	26.64
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.050	4.68	0.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.050	4.95	0.00
11432	Radishes, oriental, dried	116.0	1.0 cup	0.050	9.16	73.51
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.050	2.51	28.34
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.050	4.00	42.33
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.050	3.49	15.25
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.050	3.49	15.25
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.050	3.60	44.15
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.050	3.88	28.21
16055	Carob flour	103.0	1.0 cup	0.049	4.76	91.55
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.049	5.29	0.33
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.049	4.42	0.87
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.049	4.28	27.30
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.049	2.86	0.29
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.049	2.46	29.57
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.049	4.04	27.34
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.049	4.25	44.51
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.049	4.25	44.51
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.049	4.25	44.51

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.049	4.25	44.51
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.049	3.72	5.89
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.049	3.15	23.05
07070	Salami, cooked, turkey	28.0	1.0 serving	0.049	5.38	0.43
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.049	2.18	3.74
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.048	4.49	1.81
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.048	4.01	19.42
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.048	4.73	0.00
07061	Mother's loaf, pork	28.35	1.0 oz	0.048	3.42	2.13
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.048	4.30	30.16
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.048	4.30	30.24
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.048	6.99	18.25
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048	4.12	0.00
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.048	2.93	20.54
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.048	1.81	3.33
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.048	4.37	26.21
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.048	4.37	26.21
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.048	5.61	10.22
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.048	7.01	21.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.048	5.08	0.35
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.048	4.24	0.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.048	8.38	23.46
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.048	8.38	23.46
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.048	7.48	32.30
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.048	7.48	32.30
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.048	2.75	4.08
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.048	3.89	25.35
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.047	5.00	48.70
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.047	5.90	0.00
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.047	2.46	31.36

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.047	5.37	36.40
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047	4.11	0.41
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.047	3.90	0.20
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.047	3.39	20.50
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.047	3.29	21.90
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.047	4.24	25.44
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.047	7.44	0.01
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.047	5.10	36.48
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.046	3.92	6.71
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.046	3.27	28.55
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046	3.96	0.00
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.046	4.81	8.95
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.046	3.89	0.13
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.046	3.74	13.64
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.046	6.41	0.00
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.046	5.65	0.52
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.046	1.69	13.12
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.046	3.78	20.41
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.046	8.26	31.62
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.046	8.26	31.62
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.046	8.26	31.62
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.046	3.91	0.25
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.046	4.08	0.00
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.046	3.52	0.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.046	2.29	23.61
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.046	2.23	47.72
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.046	2.76	3.73
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.046	3.86	13.39
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.046	2.76	3.73
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.046	3.69	6.80
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.046	3.69	6.80
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.045	3.94	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.045	4.84	0.40
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.045	4.54	0.19
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.045	4.38	7.46
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.045	3.94	26.69
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.045	3.09	20.21
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.045	4.45	0.00
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.045	3.60	36.04
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.045	4.20	25.29
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.044	22.36	0.00
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.044	3.97	1.11
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.044	6.01	10.14
07030	Ham, minced	28.35	1.0 oz	0.044	4.62	0.52
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.044	2.89	31.59
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.044	3.26	2.65
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.044	3.74	23.85
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.044	3.60	24.57
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.044	3.73	0.00
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.044	4.01	0.10
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.044	2.81	4.41
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.044	3.79	111.15
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.043	4.72	0.19
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.043	4.00	41.07
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.043	6.56	0.00
07050	Mortadella, beef, pork	28.35	1.0 oz	0.043	4.64	0.86
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.043	5.08	22.16
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.043	5.08	22.16
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.043	3.48	22.92
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.043	3.00	9.02
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.043	4.31	0.00
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.043	3.02	20.78
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.043	4.06	31.98
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.043	3.27	54.67

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.043	2.43	32.73
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.043	5.51	0.52
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043	6.49	0.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.042	7.43	32.38
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.042	7.43	32.38
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.042	4.22	15.09
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.042	4.23	105.75
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.042	6.43	0.00
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.042	3.62	0.48
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.042	3.20	1.05
19147	Candies, peanut bar	28.35	1.0 oz	0.042	4.39	13.44
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042	6.41	0.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042	3.62	0.00
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.042	3.55	0.04
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.042	4.27	3.21
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.042	3.87	14.12
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.042	3.53	0.36
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.042	2.86	21.32
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.042	3.95	14.05
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.042	12.96	15.55
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.042	2.86	20.08
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.042	3.43	12.42
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.042	4.59	0.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.042	6.39	0.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.042	4.56	0.38
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042	6.29	0.00
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.042	4.28	0.20
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042	6.33	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.042	6.32	0.00
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.042	3.55	20.65
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.042	4.34	23.33
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.041	3.44	9.27
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.041	3.00	21.14
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.041	2.84	37.08
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041	6.29	0.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.30	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041	6.31	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041	6.31	0.00
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.041	3.28	5.47
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041	6.29	0.00
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.041	3.53	19.09
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.041	3.53	19.09
01124	Egg, white, raw, fresh	33.0	1.0 large	0.041	3.60	0.24
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.041	2.09	26.76
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041	6.27	0.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.041	4.46	0.31
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041	6.26	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.29	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041	6.25	0.00
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.041	4.11	0.88
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041	6.27	0.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041	6.25	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.27	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20133	Rice noodles, dry	57.0	2.0 oz	0.041	3.39	45.70
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.041	3.12	0.21
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.041	3.09	13.18
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.23	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.21	0.00
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.041	3.09	13.18
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.22	0.00
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.041	3.34	19.35
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.041	5.53	21.62
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.041	2.95	24.10
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.041	2.95	24.12
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.041	5.53	21.62
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.041	3.93	7.85
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.041	5.57	25.66
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.041	6.16	0.00
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.041	3.23	12.39
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.15	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041	6.15	0.00
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.041	3.50	18.81
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.040	2.88	17.93
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.040	2.18	17.58
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.040	6.12	0.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.040	3.92	24.14
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.040	4.18	1.33
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.040	3.51	36.70
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.040	2.72	12.50
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.040	6.09	0.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040	6.08	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.040	3.87	4.36
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.040	3.59	7.47

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.040	3.99	31.54
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.040	2.96	23.13
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040	6.04	0.00
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.040	2.54	24.50
18235	Crackers, whole-wheat	28.0	1.0 serving	0.039	2.96	19.47
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.039	3.64	4.98
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.039	6.02	0.00
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.039	3.12	21.60
01112	Whey, acid, fluid	246.0	1.0 cup	0.039	1.87	12.60
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.039	3.85	0.23
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.039	8.64	15.39
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.039	3.82	24.35
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.039	3.51	66.03
11134	Cassava, raw	206.0	1.0 cup	0.039	2.80	78.40
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.039	4.03	10.37
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.039	3.26	0.22
20134	Rice noodles, cooked	176.0	1.0 cup	0.039	3.15	42.26
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.039	5.29	41.25
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.039	3.97	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.039	5.87	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.039	5.87	0.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.039	3.92	26.31
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.038	3.05	29.35
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.038	3.16	6.18
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038	4.99	35.48
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.038	5.32	0.00
01021	Cheese, gjetost	28.35	1.0 oz	0.038	2.74	12.09
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.038	4.12	13.36
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.038	3.01	13.42
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.038	2.88	14.27
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.038	3.89	18.67

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.038	2.88	17.42
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.038	2.61	15.99
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.038	2.07	20.44
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.038	4.16	0.04
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.038	3.69	17.56
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.038	3.88	23.97
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.038	5.41	38.78
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.038	5.41	38.78
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.038	2.90	5.69
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.038	2.90	6.75
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.038	2.73	27.13
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.038	3.01	16.92
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.038	3.01	16.92
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.038	4.15	8.24
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.038	3.94	5.83
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.038	3.94	5.64
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.038	2.44	14.31
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.038	12.08	18.10
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.038	3.00	12.80
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.038	3.40	4.66
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.038	3.40	4.66
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.038	3.98	42.76
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.038	12.26	17.84
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.037	3.39	8.25
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.037	3.39	8.25
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037	2.91	0.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.037	3.98	1.19
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.037	6.77	31.69
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.037	6.77	31.69
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.037	3.54	0.36
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.037	2.60	3.55
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.037	2.12	13.52
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.037	16.41	0.45
18037	Bread, oat bran	28.35	1.0 oz	0.037	2.95	11.28

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.037	2.78	17.66
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.037	3.86	26.87
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.037	3.20	21.40
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.037	3.70	31.30
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.037	3.01	41.18
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.037	3.01	41.18
07971	Bologna, meat and poultry	33.0	1.0 slice	0.037	3.41	2.08
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.037	3.01	39.11
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.037	3.10	1.64
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.037	3.48	17.47
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.037	3.18	11.66
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.037	4.11	28.17
07007	Bologna, beef	30.0	1.0 slice	0.037	3.27	1.29
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.037	3.90	8.64
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.037	4.05	0.40
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.037	2.47	3.29
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.037	4.62	0.00
18266	English muffins, whole-wheat	28.35	1.0 oz	0.037	2.49	11.45
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.036	5.13	36.84
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.036	5.13	36.84
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.036	5.13	36.84
09139	Guavas, common, raw	165.0	1.0 cup	0.036	4.21	23.63
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.036	5.13	36.84
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.036	2.81	14.26
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.036	3.03	15.39
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.036	3.97	0.23
11011	Asparagus, raw	134.0	1.0 cup	0.036	2.95	5.20
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.036	3.20	1.31
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.036	3.81	3.11

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.036	5.65	0.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.036	2.93	14.93
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.036	3.88	0.77
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.036	5.48	0.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.036	5.48	0.00
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.036	2.74	5.65
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.036	3.36	39.00
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.036	2.88	15.10
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.036	2.78	13.86
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.036	4.99	39.45
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.036	4.99	35.48
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.036	4.99	39.45
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.036	2.61	14.94
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.036	3.28	1.89
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.036	2.68	25.95
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.036	5.06	40.82
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.036	5.06	40.82
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.036	5.06	40.82
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.036	5.06	40.82
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.036	2.48	24.05
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.036	2.79	5.43
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.036	2.79	5.43
07068	Salami, cooked, beef	26.0	1.0 slice	0.036	3.28	0.49
18003	Bagels, egg	28.35	1.0 oz	0.035	3.01	15.03
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.035	5.41	0.00
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.035	2.84	58.35
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.035	4.63	0.46
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.035	2.03	3.01

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.035	2.98	15.14
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.035	3.99	0.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.035	2.98	15.14
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.035	2.98	15.14
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.035	3.79	12.29
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.035	2.34	3.22
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.035	2.94	71.25
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.035	2.13	38.07
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.035	4.27	0.50
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.035	2.95	20.13
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.035	2.95	20.13
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.035	5.43	0.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.035	2.89	15.14
18028	Bread, egg, toasted	28.35	1.0 oz	0.035	2.98	14.91
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.035	5.45	0.00
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.035	2.10	8.29
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.035	2.69	13.95
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.035	2.52	5.20
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.035	2.52	4.46
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.035	4.98	34.20
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.035	3.54	0.60
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.035	2.66	13.81
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.035	2.38	14.57
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.034	3.76	23.52
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.034	3.80	24.70
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.034	17.70	0.22
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034	3.17	1.39
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.034	3.06	2.06
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.034	2.72	12.64

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.034	4.57	15.53
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.034	4.57	15.53
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.034	3.51	28.65
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.034	2.41	3.62
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.034	3.00	35.54
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.034	2.21	4.68
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.034	2.69	11.40
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.034	2.21	4.68
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.034	4.05	21.60
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.034	5.90	7.92
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.034	3.46	27.93
21268	TACO BELL, Nachos	80.0	1.0 serving	0.034	3.46	27.93
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.034	1.99	16.22
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.034	2.88	13.92
11961	Hearts of palm, canned	146.0	1.0 cup	0.034	3.68	6.75
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.033	17.38	0.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.033	2.30	14.60
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.033	2.41	8.33
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.033	2.58	13.13
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.033	4.74	27.12
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.033	2.56	6.14
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.033	1.56	24.22
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.033	5.36	51.64
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.033	2.81	14.94
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.033	2.45	1.15
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.033	2.67	13.77
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.033	3.40	5.97
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.033	2.41	12.88
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.033	2.75	13.41
18039	Bread, oatmeal	28.35	1.0 oz	0.033	2.38	13.75
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.033	2.30	29.89
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.033	2.30	29.89

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.033	2.92	7.94
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.033	2.82	1.38
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.033	2.01	20.70
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.033	1.89	1.00
11098	Brussels sprouts, raw	88.0	1.0 cup	0.033	2.97	7.88
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.032	2.71	20.74
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.032	2.32	10.09
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.032	1.88	25.56
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.032	4.22	1.04
07025	Frankfurter, turkey	28.35	1.0 oz	0.032	3.47	1.08
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.032	2.78	16.41
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.032	3.16	12.80
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.032	1.84	19.08
01114	Whey, sweet, fluid	246.0	1.0 cup	0.032	2.09	12.64
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.032	2.49	14.32
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.032	2.70	19.82
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.032	2.70	19.82
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.032	3.00	20.46
18264	English muffins, wheat	28.35	1.0 oz	0.032	2.47	12.70
18027	Bread, egg	28.35	1.0 oz	0.032	2.69	13.55
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.032	2.84	20.87
18025	Bread, cracked-wheat	28.35	1.0 oz	0.032	2.47	14.03
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.032	2.20	28.06
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.032	2.20	27.82
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.032	2.68	44.33
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.032	1.73	15.53
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.032	3.29	7.23
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.032	3.29	7.23
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.031	5.01	0.03
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.031	6.28	0.00
18066	Bread, wheat bran	28.35	1.0 oz	0.031	2.49	13.55
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.031	2.01	18.97
18344	Rolls, dinner, egg	28.35	1.0 oz	0.031	2.69	14.74
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.031	2.84	14.40
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.031	2.51	49.71

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.031	2.21	28.45
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.031	4.27	11.23
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.031	2.66	12.18
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.031	3.94	23.70
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.031	2.53	16.49
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.031	2.62	0.00
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.031	2.58	11.48
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.031	2.49	18.60
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.031	2.55	6.46
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.031	3.07	3.12
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.031	2.58	22.45
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.031	2.58	22.45
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.031	2.58	22.45
18241	Croissants, cheese	28.35	1.0 oz	0.031	2.61	13.32
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.031	2.00	37.65
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.031	2.94	18.03
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.031	4.28	11.28
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.031	4.45	46.41
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.031	4.45	46.41
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.031	4.45	46.41
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.031	4.45	47.67
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.031	2.23	28.07
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.031	2.58	16.24
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.031	1.98	15.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.031	2.51	12.52
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.031	1.98	15.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.031	1.98	15.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.031	3.62	0.95
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.031	1.88	2.97
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.030	2.91	5.08
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.030	2.95	0.00
18236	Cracker meal	28.35	1.0 oz	0.030	2.64	22.94
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.030	2.69	14.80

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.030	2.45	2.63
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.030	3.56	8.48
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.030	2.15	3.16
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.030	1.79	15.07
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.030	2.15	3.16
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.030	1.97	1.74
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.030	2.63	9.55
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.030	2.63	9.54
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.030	3.10	0.16
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.030	1.81	3.33
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.030	2.70	0.61
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.030	3.36	27.77
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.030	2.50	4.61
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.030	2.47	15.76
18059	Bread, rice bran	28.35	1.0 oz	0.030	2.52	12.33
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.030	2.55	15.42
01031	Cheese, neufchatel	28.35	1.0 oz	0.030	2.59	1.02
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.030	2.41	15.14
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.030	2.55	15.45
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.030	2.58	31.50
11090	Broccoli, raw	91.0	1.0 cup chopped	0.030	2.57	6.04
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.030	3.27	19.53
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.030	2.47	7.31
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.030	2.47	7.32
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.030	2.47	7.32
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.030	2.47	7.32
09094	Figs, dried, uncooked	149.0	1.0 cup	0.030	4.92	95.17
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.030	2.58	15.79
18061	Bread, rye, toasted	28.35	1.0 oz	0.030	2.66	15.05
18283	Muffins, oat bran	28.35	1.0 oz	0.030	1.98	13.69
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.030	2.84	21.74
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.030	2.31	15.58
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.030	1.50	26.23

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.030	2.55	14.35
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.029	2.47	12.56
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.029	2.85	4.92
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.029	2.85	4.93
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.029	2.16	18.61
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.029	2.54	14.23
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.029	2.29	10.69
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.029	1.86	11.20
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.029	3.59	17.94
01070	Dessert topping, powdered	43.0	1.5 oz	0.029	2.11	22.59
18033	Bread, italian	28.35	1.0 oz	0.029	2.49	14.20
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.029	2.93	0.00
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.029	1.76	11.37
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.029	2.27	11.71
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.029	3.30	2.58
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.029	2.55	7.60
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.029	3.35	35.97
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.029	4.64	11.71
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.029	2.29	10.74
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.029	2.51	15.60
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.029	2.57	16.01
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.029	3.94	10.28
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.029	1.64	6.28
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.029	1.64	6.28
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.029	4.61	14.50
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.028	5.76	0.12
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.028	2.00	0.72
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.028	2.07	18.84
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.028	2.74	17.42
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.028	1.99	16.28
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.028	2.03	22.95
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.028	4.51	53.65
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028	2.64	0.47

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.028	1.96	21.01
18239	Croissants, butter	28.35	1.0 oz	0.028	2.32	12.98
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.028	1.76	19.48
18349	Rolls, french	28.35	1.0 oz	0.028	2.44	14.23
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.028	2.55	16.70
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.028	2.24	9.33
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.028	4.12	11.41
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.028	1.96	18.09
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.028	1.89	0.17
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.028	4.12	11.41
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.028	2.45	0.35
12059	Nuts, acorns, dried	28.35	1.0 oz	0.028	2.30	15.21
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.028	2.24	14.06
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.028	2.63	0.00
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.028	1.70	18.63
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.028	2.32	14.77
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.028	0.83	16.11
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.028	2.24	17.81
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.028	2.21	2.25
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.028	4.12	22.45
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.028	4.12	22.45
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.027	2.85	22.79
18044	Bread, pumpernickel	28.35	1.0 oz	0.027	2.47	13.47
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.027	3.96	12.09
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.027	1.57	12.44
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.027	2.15	12.28
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.027	2.32	14.06
18060	Bread, rye	28.35	1.0 oz	0.027	2.41	13.69
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.027	1.73	18.63
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.027	2.69	3.84
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.027	2.13	20.10
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.027	2.69	3.84
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.027	1.87	20.61
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.027	2.54	0.40
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.027	1.48	30.88

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08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.027	1.76	9.55
11297	Parsley, fresh	60.0	1.0 cup chopped	0.027	1.78	3.80
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.027	3.01	16.07
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.027	1.92	7.49
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.027	2.14	24.36
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.027	2.05	26.39
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.027	2.18	15.20
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.027	2.21	14.63
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.027	2.66	0.00
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.027	2.21	8.19
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.027	1.59	2.83
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.027	2.91	17.25
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.027	1.54	30.11
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.027	1.82	18.14
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.027	1.84	21.50
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.027	1.84	21.50
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.027	1.82	18.14
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.027	6.97	0.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.027	1.63	15.34
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.027	2.30	22.40
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.027	2.10	9.10
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.027	3.45	0.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.027	2.18	7.09
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.027	4.11	18.79
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.027	3.68	39.07
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.027	1.86	5.60
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.027	1.86	5.60
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.027	3.08	8.63
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.026	2.74	7.40
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.026	2.60	11.91
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.026	2.60	11.91
16112	Miso	17.0	1.0 tbsp	0.026	2.17	4.31
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.026	2.02	8.74
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.026	1.59	35.23
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.026	2.16	3.70

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.026	2.16	3.70
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.026	2.61	7.84
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.026	2.61	7.84
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.026	1.84	12.89
18065	Bread, wheat, toasted	28.35	1.0 oz	0.026	3.67	15.81
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.026	2.18	13.04
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.026	2.18	13.04
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.026	2.24	23.84
15109	Fish, surimi	28.35	1.0 oz	0.026	4.30	1.94
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.026	2.18	13.04
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.026	3.73	13.14
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.026	1.94	4.85
18971	Bread, potato	32.0	1.0 slice	0.026	4.00	15.06
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.026	2.00	25.29
11080	Beets, raw	136.0	1.0 cup	0.026	2.19	13.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.026	1.54	25.52
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.026	2.07	13.72
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.026	3.28	0.47
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.026	1.64	18.16
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.026	1.64	18.16
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.026	4.39	37.93
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.026	4.39	37.93
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.026	2.60	12.49
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.026	2.44	16.13
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.026	2.12	15.49
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.026	2.24	13.64
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.026	2.52	20.95
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.026	2.65	3.03
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.026	3.76	10.69
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.026	1.89	12.70

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.026	2.65	3.03
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.025	1.81	24.09
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.025	3.35	3.01
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.025	3.35	3.01
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.025	3.83	23.69
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.025	1.75	0.85
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.025	5.03	0.00
18245	Danish pastry, cheese	28.35	1.0 oz	0.025	2.27	10.55
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.025	2.07	16.36
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.025	2.22	3.35
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.025	2.10	0.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.025	3.05	32.72
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.025	2.36	9.85
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.025	2.36	9.85
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.025	2.36	9.85
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.025	2.36	9.85
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.025	5.15	59.10
11965	Cauliflower, green, raw	64.0	1.0 cup	0.025	1.89	3.90
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.025	1.50	9.07
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.025	1.93	18.82
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.025	1.53	16.75
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.025	2.01	12.96
18338	Phyllo dough	28.35	1.0 oz	0.025	2.01	14.91
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.025	2.43	30.19
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.025	1.79	34.94
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.025	1.93	2.41
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.025	1.93	2.41
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.025	1.87	15.86
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.025	1.88	3.89
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.025	2.96	0.11
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.025	1.43	27.25
09315	Soursop, raw	225.0	1.0 cup, pulp	0.025	2.25	37.89
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.025	1.84	19.60
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.025	1.98	12.64

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.025	1.79	16.13
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.025	1.79	13.44
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.025	3.51	0.60
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.025	1.35	61.13
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.025	1.80	17.56
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.025	1.97	16.16
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025	2.07	44.72
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.025	2.06	0.07
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.024	1.36	4.88
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.024	2.16	2.28
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.024	1.64	21.54
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.024	2.94	13.01
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.024	1.64	21.54
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.024	2.03	22.33
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.024	3.51	17.67
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024	1.76	11.47
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.024	2.10	12.96
18240	Croissants, apple	28.35	1.0 oz	0.024	2.10	10.52
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.024	1.96	11.74
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.024	1.10	9.96
18224	Crackers, rusk toast	14.2	0.5 oz	0.024	1.92	10.27
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.024	1.83	10.85
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.024	2.89	0.11
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.024	1.86	11.76
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.024	2.07	12.79
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.024	3.46	34.93
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.024	1.71	19.82
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.024	1.78	19.84
11518	Taro, raw	104.0	1.0 cup, sliced	0.024	1.56	27.52
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.024	2.04	13.97
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.024	1.73	19.53
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.024	2.00	0.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.024	1.98	12.64
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.024	1.98	12.64
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.024	1.73	19.53
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.024	1.75	2.68
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.024	6.29	88.71
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.024	6.29	92.20
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.024	2.25	4.22
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.024	2.24	14.83
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.024	2.35	11.94
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.024	1.51	17.13
18047	Bread, raisin, enriched	28.35	1.0 oz	0.024	2.24	14.83
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.023	2.06	0.02
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.023	2.39	5.82
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.023	2.09	0.35
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.023	2.39	6.79
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.023	2.60	0.31
09095	Figs, dried, stewed	259.0	1.0 cup	0.023	3.68	71.41
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.023	2.87	32.29
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.023	2.87	32.29
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.023	1.92	7.64
09021	Apricots, raw	155.0	1.0 cup, halves	0.023	2.17	17.24
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.023	2.18	13.04
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.023	1.93	8.14
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.023	4.70	0.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.023	1.93	13.24
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.023	1.93	13.24
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.023	1.37	55.39
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.023	1.32	55.34
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.023	2.27	23.83
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.023	1.94	5.39

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.023	1.72	17.02
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.023	1.72	17.02
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.023	2.17	9.12
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.023	2.18	9.17
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.023	1.84	11.54
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.023	1.95	6.70
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.023	1.84	19.39
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.023	1.96	0.00
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.023	2.10	13.92
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.023	2.08	13.55
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.023	1.69	24.18
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.023	2.26	5.41
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.023	1.88	5.57
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.023	1.34	41.72
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.023	1.96	14.77
07960	Bologna, chicken, pork	28.0	1.0 serving	0.023	2.89	1.17
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.023	1.39	16.53
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.023	3.04	14.57
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.023	1.08	2.84
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.023	1.93	22.61
18172	Cookies, gingersnaps	28.35	1.0 oz	0.023	1.59	21.80
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.023	1.81	8.02
18177	Cookies, molasses	28.35	1.0 oz	0.023	1.59	20.92
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.023	1.08	2.84
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.023	2.65	8.40
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.023	1.46	15.70
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.023	1.46	15.70
11282	Onions, raw	160.0	1.0 cup, chopped	0.022	1.76	14.94
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.022	1.51	14.32
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.022	1.51	14.32
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.022	1.01	2.97
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.022	1.67	8.56

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.022	1.72	0.21
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.022	2.56	6.62
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.022	2.56	7.94
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.022	2.27	23.71
09277	Plantains, raw	148.0	1.0 cup, sliced	0.022	1.92	47.20
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.022	1.81	8.50
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.022	1.89	0.00
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.022	1.76	14.23
18355	Sweet rolls, cheese	28.35	1.0 oz	0.022	2.01	12.39
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.022	1.76	10.56
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.022	2.94	13.01
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.022	1.76	12.00
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022	0.95	1.43
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022	2.16	0.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022	1.88	0.12
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.022	2.20	3.03
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.022	2.64	8.37
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.022	3.22	17.30
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.022	2.20	3.03
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.022	2.01	12.53
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.022	1.36	19.82
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.022	1.81	12.56
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.022	3.04	21.56
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.022	2.01	8.71
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.022	1.62	1.65
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.022	2.01	8.71
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.022	2.01	8.71
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.022	2.01	8.71
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.022	3.36	75.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.022	2.47	7.92
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.022	2.32	29.76

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.022	1.73	13.44
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.022	1.83	12.18
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.022	1.73	8.22
18103	Coffeecake, cheese	28.35	1.0 oz	0.022	1.98	12.56
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.022	1.76	15.27
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.022	1.73	13.75
09176	Mangos, raw	165.0	1.0 cup pieces	0.021	1.35	24.72
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.021	1.57	15.59
18218	Crackers, matzo, egg	14.2	0.5 oz	0.021	1.75	11.16
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.021	2.05	5.32
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.021	0.98	2.92
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.021	2.46	10.64
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.021	2.46	10.64
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.021	2.20	7.75
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.021	1.33	15.61
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.021	1.33	15.61
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.021	1.49	12.83
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.021	1.65	16.18
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.021	1.43	20.44
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.021	1.49	14.07
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.021	1.59	0.10
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.021	1.76	14.43
12058	Nuts, acorns, raw	28.35	1.0 oz	0.021	1.74	11.55
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.021	1.56	15.73
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.021	1.48	0.61
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.021	1.48	0.61
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.021	2.98	13.16
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.021	3.20	6.34
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.021	3.20	6.34
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.021	2.01	4.89
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.021	4.41	81.43
21249	BURGER KING, french fries	74.0	1.0 small serving	0.021	2.39	28.64

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021	0.89	0.85
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.021	1.70	0.56
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.021	1.56	15.75
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.021	1.56	15.75
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.021	1.58	12.34
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.021	2.02	20.91
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.021	2.41	16.36
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.021	1.53	18.94
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.021	1.67	17.01
18021	Bread, boston brown, canned	28.35	1.0 oz	0.021	1.47	12.28
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.021	1.78	0.00
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.021	2.12	3.59
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021	2.11	0.00
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.021	2.02	13.22
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.020	2.97	19.32
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.020	3.03	18.67
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.020	2.97	19.32
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.020	3.03	18.67
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.020	2.85	12.48
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.020	1.82	36.96
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.020	2.34	15.55
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.020	1.87	14.54
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.020	1.62	16.56
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.020	1.87	15.88
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.020	1.66	15.18
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.020	1.53	17.29
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.020	1.62	16.50
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.020	4.14	0.00
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.020	1.85	0.20
09205	Oranges, raw, with peel	170.0	1.0 cup	0.020	2.21	26.35
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.020	2.51	29.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.020	2.51	28.99

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09040	Bananas, raw	225.0	1.0 cup, mashed	0.020	2.45	51.39
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.020	1.81	21.92
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.020	1.22	10.66
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.020	1.98	19.70
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.020	1.56	5.90
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.020	1.98	19.70
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.020	2.75	9.32
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.020	2.35	21.92
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.020	2.00	27.91
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.020	1.83	7.34
18242	Croutons, plain	14.2	0.5 oz	0.020	1.69	10.44
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.020	1.72	10.88
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.020	1.72	10.88
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.020	3.02	0.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.020	2.25	19.07
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.020	1.53	17.29
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.020	1.52	19.09
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.020	1.67	11.06
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.020	1.69	8.98
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.020	1.40	16.37
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.020	1.76	9.50
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.020	1.47	14.40
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.020	2.47	20.30
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.020	1.39	14.80
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.019	1.31	20.14
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.019	1.32	20.20
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.019	1.25	9.74
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.019	1.72	25.17
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.019	1.69	60.74
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.019	1.67	14.46
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.019	1.42	20.87
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.019	1.53	15.90
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.019	1.84	1.82
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.019	1.90	8.33
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.019	2.28	9.62

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.019	1.84	2.30
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.019	1.73	7.85
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.019	1.90	8.33
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.019	2.28	9.62
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.019	1.73	8.90
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.019	1.98	13.18
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.019	1.76	25.19
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.019	1.34	6.12
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.019	1.76	8.06
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.019	1.83	6.97
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.019	1.82	7.13
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.019	1.42	4.34
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.019	1.90	12.33
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.019	2.24	17.89
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.019	1.66	8.86
09088	Elderberries, raw	145.0	1.0 cup	0.019	0.96	26.68
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.019	1.17	0.04
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.019	1.74	0.21
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.019	1.65	10.98
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.019	1.56	10.06
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.019	1.33	18.60
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.019	1.56	14.97
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.019	2.09	17.24
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.019	1.28	19.28
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.019	1.27	15.03
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.019	2.21	17.69
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.019	1.30	22.73
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.019	1.39	16.07
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.019	1.39	19.33
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.019	1.98	14.35
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.019	2.31	24.85
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.018	1.39	8.26
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.018	1.50	3.06
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.018	1.33	23.84

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05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.018	3.67	0.05
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.018	1.71	4.08
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.018	1.71	4.08
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.018	1.77	24.52
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.018	1.71	6.61
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.018	1.76	6.88
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.018	1.76	6.88
18214	Crackers, cheese, regular	14.2	0.5 oz	0.018	1.55	8.44
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.018	1.43	8.26
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.018	1.20	13.15
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.018	1.20	13.15
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.018	1.44	21.72
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.018	2.09	19.42
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.018	1.47	10.92
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.018	2.97	11.04
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.018	2.97	11.04
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018	1.53	13.55
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.018	1.28	20.44
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.018	1.30	18.74
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018	1.53	13.55
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.018	1.36	18.12
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.018	1.53	13.55
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018	1.53	13.55
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.018	1.17	3.49
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.018	1.56	7.23
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.018	1.43	3.08
11601	Yam, raw	150.0	1.0 cup, cubes	0.018	2.30	41.82
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.018	1.87	21.40
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.018	1.58	62.30
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.018	1.87	2.38
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.018	1.28	6.91
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.018	1.48	8.98

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.018	1.98	15.93
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.018	1.50	16.36
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.018	1.98	15.93
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.018	1.42	14.63
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.018	2.32	15.78
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.018	0.93	33.73
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.018	1.78	2.87
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.018	1.78	2.87
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.018	1.99	22.08
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.018	2.31	9.73
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.018	1.63	8.29
18243	Croutons, seasoned	14.2	0.5 oz	0.018	1.53	9.02
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.018	2.35	9.79
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.018	1.19	5.44
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.018	1.19	5.30
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.018	3.60	110.29
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.018	1.38	25.43
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.018	1.22	9.22
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.018	2.47	8.10
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.018	1.25	21.15
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.018	1.50	12.59
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.018	3.48	0.06
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.018	1.50	6.10
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.018	1.30	15.11
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.017	1.42	10.95
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.017	1.68	0.42
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017	1.74	22.93
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.017	1.35	10.56
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.017	1.31	10.15
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.017	1.40	14.55
18171	Cookies, fortune	28.35	1.0 oz	0.017	1.19	23.81
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.017	3.48	0.28
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.017	1.25	22.14
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.017	1.45	22.45

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.017	1.71	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.017	1.41	11.03
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.017	1.43	11.32
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.017	1.92	19.65
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.017	1.27	1.14
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.017	1.79	0.35
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.017	1.33	3.09
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.017	1.32	8.76
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.017	1.06	2.82
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.017	1.50	16.41
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.017	1.36	9.24
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.017	1.73	36.96
11278	Okra, raw	100.0	1.0 cup	0.017	1.93	7.45
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.017	2.66	44.07
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.017	1.43	8.47
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.017	1.43	8.47
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.017	1.58	15.93
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.017	1.51	0.96
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.017	1.37	10.15
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.017	1.43	24.70
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.017	2.38	7.80
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.017	0.97	31.23
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.017	2.35	13.88
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.017	2.33	20.14
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.017	1.47	10.40
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.017	1.17	4.90
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.017	1.28	7.48
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.017	2.18	18.46
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.017	1.49	21.73
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.017	1.22	8.68
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.017	1.09	27.33
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.016	1.24	6.00
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.016	1.24	6.00

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18217	Crackers, matzo, plain	14.2	0.5 oz	0.016	1.42	11.89
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.016	1.42	15.25
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.016	2.04	17.79
18106	Coffeecake, fruit	28.35	1.0 oz	0.016	1.47	14.60
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.016	1.13	21.72
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.016	1.28	16.27
19081	Candies, sweet chocolate	28.35	1.0 oz	0.016	1.11	17.12
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.016	1.27	21.34
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.016	1.31	8.63
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.016	1.25	6.45
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.016	2.03	37.37
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.016	2.03	36.71
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.016	5.67	96.49
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.016	1.28	4.47
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.016	1.24	9.04
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.016	1.24	9.04
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.016	2.11	13.96
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.016	1.51	5.83
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.016	1.69	21.15
11527	Tomatoes, green, raw	180.0	1.0 cup	0.016	2.16	9.18
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.016	1.23	19.17
21140	Side dishes, potato salad	95.0	0.333 cup	0.016	1.45	12.85
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.016	1.59	19.34
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.016	5.78	98.13
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.016	0.93	33.84
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.016	1.23	0.91
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016	1.23	0.32
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.016	1.42	22.23
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.016	1.02	18.82
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.016	1.13	22.68
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.016	1.36	22.03
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.016	1.68	21.56
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.016	1.54	13.12
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.016	1.11	22.96
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.016	1.03	17.10

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.016	1.42	22.20
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.016	3.15	0.00
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.016	1.25	9.33
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.016	4.07	0.00
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.016	1.11	22.94
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.016	1.11	20.81
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.015	1.34	10.08
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.015	1.40	14.69
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.015	1.12	14.59
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.015	1.11	8.11
11124	Carrots, raw	128.0	1.0 cup chopped	0.015	1.19	12.26
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.015	1.30	0.79
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.015	1.10	5.04
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.015	1.16	19.28
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.015	1.25	17.92
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.015	2.33	0.00
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.015	1.33	53.55
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.015	1.35	66.10
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.015	1.52	12.90
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.015	1.42	39.22
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.015	1.42	59.77
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.015	1.73	18.98
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.015	2.17	12.32
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.015	1.22	15.48
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.015	1.45	1.56
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.015	3.00	55.38
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.015	1.54	23.83
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.015	1.14	2.55
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.015	1.14	2.55
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.015	1.28	4.47
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.015	1.39	8.12
09279	Plums, raw	165.0	1.0 cup, sliced	0.015	1.15	18.84
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.015	1.28	4.47
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.015	1.50	20.69

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.015	1.16	8.50
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.015	1.13	1.36
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.015	1.06	20.42
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.015	1.81	22.88
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.015	1.27	14.84
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.015	2.04	17.69
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.015	1.48	10.70
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.015	1.00	4.97
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.015	1.42	22.33
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.015	2.07	8.58
11190	Cornsalad, raw	56.0	1.0 cup	0.015	1.12	2.02
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.015	1.98	8.82
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.015	1.08	5.95
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.015	4.86	82.62
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.014	0.85	2.16
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.014	1.64	7.76
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.014	1.87	6.82
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.014	1.64	7.76
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.014	1.87	6.82
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014	1.23	0.00
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.014	0.82	3.92
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.014	1.56	4.99
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.014	1.42	11.92
18223	Crackers, milk	14.2	0.5 oz	0.014	1.08	10.19
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.014	1.28	16.90
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.014	2.69	0.30
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.014	1.12	5.46
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.014	1.40	4.27
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.014	1.12	5.46
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.014	0.98	0.48
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.014	1.02	10.01
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.014	1.02	10.01

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.014	1.16	7.54
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.014	1.00	6.39
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.014	1.19	13.91
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.014	0.96	22.54
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.014	1.27	17.25
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014	1.45	18.84
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.014	1.45	18.58
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.014	1.18	1.22
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.014	1.11	9.87
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.014	0.99	8.39
19296	Honey	339.0	1.0 cup	0.014	1.02	279.34
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.014	1.76	13.34
11241	Kohlrabi, raw	135.0	1.0 cup	0.014	2.30	8.37
11520	Taro leaves, raw	28.0	1.0 cup	0.013	1.39	1.88
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.013	1.06	9.81
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.013	1.09	1.36
07031	Ham salad spread	15.0	1.0 tbsp	0.013	1.30	1.60
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.013	2.72	0.22
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.013	1.11	13.95
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.013	1.19	2.84
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.013	1.18	11.17
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.013	0.90	0.57
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.013	1.03	4.23
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.013	1.03	4.23
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.013	1.61	6.30
09164	Litchis, raw	190.0	1.0 cup	0.013	1.58	31.41
11086	Beet greens, raw	38.0	1.0 cup	0.013	0.84	1.65
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.013	1.08	18.03
20030	Hominy, canned, white	165.0	1.0 cup	0.013	2.44	23.53
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.013	0.88	12.57
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.013	1.97	19.62
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.013	1.12	11.67
18170	Cookies, fig bars	28.35	1.0 oz	0.013	1.05	20.10
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.013	1.42	2.49
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.013	0.96	8.96

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.013	1.08	11.08
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.013	0.88	55.90
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.013	1.30	21.35
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.013	1.05	8.66
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.013	1.50	5.90
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.013	1.29	15.51
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.013	1.50	5.90
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.013	1.73	15.93
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.013	0.99	7.20
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.013	1.40	4.72
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.013	1.50	3.61
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.013	0.99	8.14
20330	Hominy, canned, yellow	160.0	1.0 cup	0.013	2.37	22.82
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.013	1.50	3.61
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.013	1.40	4.72
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.013	1.08	22.42
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.013	0.88	16.87
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.013	1.26	11.78
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.013	0.94	17.29
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.013	1.10	6.96
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.013	0.93	21.73
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.013	0.89	51.31
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.013	0.90	4.85
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.013	1.83	5.02
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.013	0.99	36.09
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.013	1.70	8.57
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.013	2.10	23.55
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.013	0.91	33.89
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.012	1.01	18.78
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.012	1.74	13.59
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.012	1.29	18.36
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.012	0.85	22.57
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.012	1.05	39.09
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.012	0.87	6.50
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.012	1.37	3.79

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.012	1.46	22.09
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.012	1.50	3.86
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.012	0.85	8.03
28292	Crackers, multigrain	14.0	4.0 crackers	0.012	0.99	9.46
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.012	1.47	21.78
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	1.05	0.00
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.012	1.15	1.79
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.012	0.98	54.39
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.012	0.87	3.09
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.012	0.87	6.01
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.012	1.42	42.36
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.012	0.99	14.32
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.012	0.84	12.79
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.012	6.36	0.17
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.012	0.83	6.84
09316	Strawberries, raw	152.0	1.0 cup, halves	0.012	1.02	11.67
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.012	0.95	0.04
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.012	1.28	8.05
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.012	0.70	4.07
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.012	1.06	48.10
11963	Nopales, raw	86.0	1.0 cup, sliced	0.012	1.14	2.86
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.012	1.51	22.51
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.012	0.85	12.08
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.012	0.82	17.46
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.012	0.85	12.08
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.012	1.62	12.66
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.012	1.62	13.21
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.012	0.85	12.08
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.012	1.46	0.15
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.012	0.84	3.96
11457	Spinach, raw	30.0	1.0 cup	0.012	0.86	1.09
11564	Turnips, raw	130.0	1.0 cup, cubes	0.012	1.17	8.36
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.012	0.90	4.26

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.012	0.93	8.09
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.012	1.64	17.83
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.012	0.82	22.79
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.012	1.66	8.50
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.012	0.68	15.69
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.012	1.15	22.29
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.011	1.29	6.08
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.011	0.81	7.21
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.011	0.81	7.21
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.011	1.51	1.33
11161	Collards, raw	36.0	1.0 cup, chopped	0.011	1.09	1.95
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.011	1.15	40.91
18354	Strudel, apple	28.35	1.0 oz	0.011	0.94	11.65
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.011	0.95	20.18
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.011	0.80	4.44
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.011	1.11	7.89
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.011	1.11	7.89
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.011	1.00	5.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.011	2.05	4.84
09326	Watermelon, raw	154.0	1.0 cup, balls	0.011	0.94	11.63
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.011	0.98	18.15
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.011	1.27	6.56
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.011	1.34	12.59
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.011	0.69	45.67
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.011	1.37	8.88
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.011	0.69	45.67
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.010	1.28	6.22
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.010	1.05	1.53
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.010	0.83	0.00
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.010	0.79	8.08
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.010	0.75	6.48
11429	Radishes, raw	116.0	1.0 cup slices	0.010	0.79	3.94
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.010	0.57	1.79

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.010	1.65	24.64
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.010	1.02	5.68
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.010	0.95	3.98
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.010	0.93	8.09
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.010	0.85	11.29
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.010	0.85	11.29
19524	Snacks, taro chips	28.35	1.0 oz	0.010	0.65	19.31
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.010	0.77	5.34
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.010	1.13	19.19
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.010	0.99	3.39
11591	Watercress, raw	34.0	1.0 cup, chopped	0.010	0.78	0.44
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.010	0.66	8.43
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.010	1.28	4.93
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.010	1.37	0.14
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.010	1.13	40.80
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.010	1.26	8.65
01017	Cheese, cream	14.5	1.0 tbsp	0.010	0.89	0.80
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.010	2.61	26.44
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.010	2.61	26.44
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.010	1.11	8.75
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.010	0.73	6.59
01072	Dessert topping, pressurized	70.0	1.0 cup	0.010	0.69	11.25
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.010	1.14	5.16
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.010	3.07	6.84
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.010	1.36	4.14
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.010	0.68	12.16
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.010	0.82	9.54
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.010	0.76	7.21
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.010	0.76	7.21
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.010	0.96	4.20
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.010	0.96	4.20
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.010	0.96	4.20
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.010	1.10	3.40
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.009	0.98	2.76

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
25059	Snacks, brown rice chips	9.0	1.0 cake	0.009	0.74	7.34
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.009	0.74	7.34
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.009	0.74	7.34
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.009	0.68	1.88
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.009	0.78	2.87
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.009	0.82	0.05
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.009	1.34	0.11
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.009	0.61	9.27
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.009	0.83	1.02
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.009	0.91	2.45
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.009	0.88	9.90
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.009	1.08	6.24
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.009	0.97	8.01
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.009	0.65	6.98
11143	Celery, raw	101.0	1.0 cup chopped	0.009	0.70	3.00
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.009	0.64	9.90
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.009	0.74	2.32
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.009	0.68	7.34
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.009	0.68	7.34
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.009	1.75	25.74
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.009	0.49	1.36
21420	KFC, Coleslaw	112.0	1.0 package	0.009	1.02	17.53
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.009	1.31	5.80
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.009	0.79	10.91
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.009	0.82	6.21
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.009	0.66	3.72
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.009	0.66	3.72
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.009	0.73	7.19
11003	Amaranth leaves, raw	28.0	1.0 cup	0.009	0.69	1.13
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.009	0.73	3.02
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.009	0.68	10.77
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.008	0.92	15.45
11151	Chicory, witloof, raw	53.0	1.0 head	0.008	0.48	2.12
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.008	1.02	18.59
21416	POPEYES, Coleslaw	120.0	1.0 package	0.008	1.18	16.94

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11231	Jute, potherb, raw	28.0	1.0 cup	0.008	1.30	1.62
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.008	1.19	26.76
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.008	0.76	7.31
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.008	0.89	21.65
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.008	0.95	4.13
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.008	0.95	4.13
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.008	0.68	10.52
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.008	0.77	9.50
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.008	0.60	10.57
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.008	0.47	24.97
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.008	0.77	2.31
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.008	2.86	71.82
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.008	0.93	2.97
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.008	0.57	11.28
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.008	0.82	8.64
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.008	0.82	8.06
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.008	0.99	72.71
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.008	0.98	59.31
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.008	2.99	50.80
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.008	0.80	56.67
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.008	1.66	56.47
19400	Snacks, banana chips	28.35	1.0 oz	0.008	0.65	16.56
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.008	0.54	2.01
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.008	0.65	1.93
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.008	0.74	13.61
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.008	0.54	1.98
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.008	0.98	45.23
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.008	0.54	2.53
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.008	1.72	4.60
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.007	0.91	11.08
09174	Loquats, raw	149.0	1.0 cup, cubed	0.007	0.64	18.09
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.007	1.00	9.45
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.007	0.99	34.70
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.007	1.00	9.45
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.007	0.71	6.61

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.007	0.80	4.82
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.007	0.54	9.64
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.007	0.54	9.64
19419	Snacks, corn cakes	9.0	1.0 cake	0.007	0.73	7.51
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.007	0.73	7.51
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007	0.52	9.34
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.007	0.95	9.61
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.007	0.95	9.61
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.007	0.79	56.12
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.007	0.74	1.23
09191	Nectarines, raw	143.0	1.0 cup slices	0.007	1.52	15.09
09143	Guava sauce, cooked	238.0	1.0 cup	0.007	0.76	22.56
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.007	1.00	6.66
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.007	0.51	9.89
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.007	2.17	0.00
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.007	1.81	20.46
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.007	0.46	1.29
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.007	0.50	5.06
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.007	0.99	6.29
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.007	0.80	4.96
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.007	0.60	2.01
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.007	1.04	6.22
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.007	0.96	6.23
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.007	0.45	25.91
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.007	3.30	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.006	0.65	2.14
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.006	0.45	4.16
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.006	0.54	1.00
18323	Pie, peach	28.35	1.0 oz	0.006	0.54	9.33
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.006	0.57	7.87
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.006	0.60	24.72
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.006	0.37	0.63
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.006	0.44	0.64
11147	Chard, swiss, raw	36.0	1.0 cup	0.006	0.65	1.35
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.006	0.61	12.99

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.006	0.85	7.72
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.006	1.81	0.00
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.006	1.00	21.10
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.006	0.98	5.04
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.006	0.54	1.49
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.006	0.54	1.49
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.006	0.98	5.04
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.006	2.26	20.87
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.006	2.26	20.87
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.006	0.54	38.43
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.006	0.65	7.68
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.006	0.36	23.44
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.006	0.37	23.69
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.006	0.56	58.04
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.006	0.74	7.67
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.005	0.61	6.65
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.005	1.03	2.42
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.005	0.39	0.56
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.005	0.43	13.38
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.005	0.32	2.12
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.005	0.48	21.30
18360	Taco shells, baked	12.9	1.0 shell	0.005	0.83	8.19
02033	Spices, poppy seed	2.8	1.0 tsp	0.005	0.50	0.79
02005	Spices, caraway seed	2.1	1.0 tsp	0.005	0.42	1.05
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.005	1.23	50.30
20003	Arrowroot flour	128.0	1.0 cup	0.005	0.38	112.83
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.005	0.52	0.56
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.005	1.61	0.03
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.005	0.46	12.52
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.005	0.46	50.77
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.005	0.29	2.01
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.005	0.56	39.07
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.005	0.48	24.50

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.005	0.32	1.05
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.005	0.29	0.56
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.005	1.58	28.92
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.005	0.46	1.40
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.005	1.58	59.95
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.005	1.69	28.06
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.005	1.69	27.41
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.005	1.69	28.73
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.005	1.69	28.73
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.005	1.69	28.06
09206	Orange juice, raw	248.0	1.0 cup	0.005	1.74	25.79
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.005	0.39	43.03
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.005	1.22	25.24
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.005	0.41	27.50
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.005	0.41	27.50
09160	Lime juice, raw	242.0	1.0 cup	0.005	1.02	20.38
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.005	0.36	4.32
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.005	0.37	4.37
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.005	1.43	0.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.005	0.37	4.48
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.005	0.66	4.52
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.005	0.17	0.96
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.005	0.58	1.55
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.005	0.51	3.50
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.005	0.92	50.48
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.005	0.00	13.44
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.005	0.60	10.01
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.005	0.29	134.81
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.004	0.32	1.66
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.004	0.46	8.50
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.004	0.40	1.50
09050	Blueberries, raw	148.0	1.0 cup	0.004	1.10	21.45

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09077	Crabapples, raw	110.0	1.0 cup slices	0.004	0.44	21.94
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.004	0.88	4.53
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.004	0.88	5.39
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.004	0.40	1.17
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.004	1.33	16.66
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.004	0.47	3.23
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.004	0.42	1.88
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.004	0.42	1.88
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.004	1.23	385.52
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.004	0.37	34.07
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.004	0.37	34.35
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.004	0.59	4.36
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.004	0.62	3.56
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.004	0.30	1.84
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.004	0.30	1.84
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.004	1.58	26.01
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.004	0.22	2.00
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.004	0.43	0.50
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.004	0.48	0.00
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.004	0.48	12.28
02020	Spices, garlic powder	3.1	1.0 tsp	0.004	0.51	2.25
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.004	0.34	5.22
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.004	0.34	5.10
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.004	0.28	2.34
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.004	1.43	13.25
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.004	1.49	14.44
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.004	0.70	4.29
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.004	0.20	8.38
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.004	0.30	0.91
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.004	0.70	5.32
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.003	0.70	4.76
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.003	0.23	3.58

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.003	0.51	13.17
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.003	0.49	1.03
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.003	0.27	1.93
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003	0.22	1.62
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.003	0.65	18.86
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.003	0.55	1.32
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.003	0.33	1.53
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.003	0.33	1.53
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.003	0.22	3.50
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.003	0.43	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.003	0.22	120.53
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.003	0.62	22.11
09252	Pears, raw	140.0	1.0 cup, slices	0.003	0.50	21.32
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.003	0.55	21.01
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.003	0.25	1.68
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.003	0.50	22.54
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.003	0.58	15.78
02021	Spices, ginger, ground	1.8	1.0 tsp	0.003	0.16	1.29
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.003	0.22	1.81
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.003	0.22	8.24
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.003	0.53	3.96
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.003	1.18	52.24
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.003	1.23	68.28
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.003	0.34	1.89
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.003	1.13	36.52
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.002	1.24	29.88
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.002	0.22	10.11
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.002	0.99	27.42
09221	Tangerine juice, raw	247.0	1.0 cup	0.002	1.24	24.95
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.002	1.07	14.91
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.002	0.99	48.59
02029	Spices, parsley, dried	0.5	1.0 tsp	0.002	0.13	0.25
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.002	0.17	2.08
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.002	0.15	0.37
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.002	0.13	0.08

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.002	0.15	1.71
02015	Spices, curry powder	2.0	1.0 tsp	0.002	0.29	1.12
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.002	0.15	1.71
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.002	0.43	1.29
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.002	0.13	0.17
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002	0.09	0.69
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.002	0.47	7.06
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.002	0.13	0.39
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002	0.14	3.36
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.002	0.19	2.74
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.002	0.16	1.64
02009	Spices, chili powder	2.7	1.0 tsp	0.002	0.36	1.34
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002	0.09	0.64
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.002	0.09	86.76
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.002	0.09	86.76
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.002	0.16	0.33
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.002	0.18	0.84
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.002	0.18	0.84
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.002	0.36	1.97
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.002	0.50	0.00
11943	Pimento, canned	12.0	1.0 tbsp	0.002	0.13	0.61
09421	Dates, medjool	24.0	1.0 date, pitted	0.002	0.43	17.99
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.002	0.12	0.90
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.002	0.12	0.99
02028	Spices, paprika	2.3	1.0 tsp	0.002	0.33	1.24
19297	Jams and preserves	20.0	1.0 tbsp	0.002	0.07	13.77
02066	Spearmint, dried	0.5	1.0 tsp	0.002	0.10	0.26
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.002	0.10	5.26
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.001	0.27	20.72
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001	0.10	2.17
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.001	0.11	0.73
02026	Spices, onion powder	2.4	1.0 tsp	0.001	0.25	1.90
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.001	0.11	0.71
11960	Carrots, baby, raw	15.0	1.0 large	0.001	0.10	1.24
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.001	0.24	1.47

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20027	Cornstarch	128.0	1.0 cup	0.001	0.33	116.83
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001	0.10	2.10
09413	Pears, raw, red anjou	126.0	1.0 small	0.001	0.42	18.82
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.001	0.32	17.26
11213	Endive, raw	25.0	0.5 cup, chopped	0.001	0.31	0.84
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001	0.11	0.73
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.001	0.18	3.31
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.001	0.08	9.05
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001	0.14	22.45
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001	0.08	4.42
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.001	0.12	2.49
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.001	0.34	2.71
11156	Chives, raw	3.0	1.0 tbsp chopped	0.001	0.10	0.13
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001	0.30	14.04
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.001	0.31	14.82
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.001	0.29	15.33
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.001	0.09	5.17
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.001	0.08	0.10
02044	Basil, fresh	2.5	5.0 leaves	0.001	0.08	0.07
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.001	0.07	0.80
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.001	0.07	0.80
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.001	0.07	0.27
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001	0.07	0.27
02049	Thyme, fresh	0.8	1.0 tsp	0.001	0.04	0.20
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.001	0.06	1.50
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001	0.26	82.28
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001	0.26	81.31
11935	Catsup	17.0	1.0 tbsp	0.001	0.18	4.66
11949	Catsup, low sodium	17.0	1.0 tbsp	0.001	0.18	4.66
09165	Litchis, dried	2.5	1.0 fruit	0.001	0.10	1.77
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.001	0.06	0.04
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001	0.06	1.38
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.001	0.06	1.78
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.001	0.11	24.51

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02011	Spices, cloves, ground	2.1	1.0 tsp	0.001	0.13	1.38
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.04	0.00
19303	Marmalade, orange	20.0	1.0 tbsp	0.001	0.06	13.26
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.04	0.00
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.001	0.06	5.26
11447	Sesbania flower, raw	3.0	1.0 flower	0.001	0.04	0.20
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.001	0.06	5.44
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001	0.04	--
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001	0.04	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.001	0.21	1.37
11145	Celtuce, raw	8.0	1.0 leaf	0.000	0.07	0.29
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000	0.09	5.00
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000	0.04	0.13
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000	0.02	0.11
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.000	0.19	0.29
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.000	0.17	1.42
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.000	0.15	14.16
02063	Rosemary, fresh	0.7	1.0 tsp	0.000	0.02	0.14
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.000	0.02	0.08
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000	0.12	0.75
11216	Ginger root, raw	2.0	1.0 tsp	0.000	0.04	0.36
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.000	0.03	0.15
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000	0.02	2.02
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.01	0.03
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000	0.03	0.07
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.00	0.01
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	0.17	2.34
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	--	0.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0.00	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0.00	--
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.000	4.98	3.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	--	0.00	--